

Habichuelas Guisadas (Stewed Beans)

Ingredients:

1 lb. dry beans (red kidney or pinto beans) or 15 oz. can of drained Goya brand beans
2 cups water
3-4 oz. smoked ham, cooked and diced
5-7 cilantro leaves, finely chopped
1 8 oz. can tomato sauce (Goya brand if available)
1 packet Goya brand "sazón con achiote" (seasoning with annatto)
4 Tbsp. sofrito
1 tsp. oregano (fresh or dried)
1/4 lb. calabaza (West Indian pumpkin), cleaned, seeded, chopped
(may substitute Hubbard or butternut squash)
Salt to taste

Preparation:

Soak the beans overnight as indicated on the package
Drain the beans, place all ingredients in a pot.
Bring to a boil over high heat
Cook over medium heat for about an hour or until soft up to an additional 20 minutes.
Stir occasionally to avoid sticking.
If too thick, add 1/4 cup of water at a time to thin.
Serve over white rice.