

## **Piñon Chile Beans**

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This recipe is one of my favorite chile bean recipes and was originally made for the Begay family in Piñon, Arizona. I usually cook it in a large cast iron pot that was passed down to me by my mother. The taste from the cast iron makes this chile bean stew even more delicious. You can feed 6 to 8 people or make enough to feed 60 to 600 people! A quick and easy recipe! It is a favorite at all family and ceremonial gatherings. Tortillas or Homemade No-fry Frybread go great with this dish. It makes a hearty meal by itself or as a side dish to any feast.

### **Ingredients**

- **1 large yellow onion, chopped**
- **1 green bell pepper, seeded and chopped**
- **Olive oil cooking spray to coat cast iron pot**
- **2 cups fresh Roma tomatoes, chopped, or**
- **(1) 28-ounce can of crushed or chopped, peeled tomatoes with basil**
- **2 1/2 cups cooked dark red kidney beans (no-salt added, or rinsed)**
- **2 1/2 cups cooked pinto beans (no salt added, or rinsed)**
- **2 cups cooked corn kernels (fresh, frozen or canned)**
- **3 Tablespoons dried mild red chile powder**
- **1 teaspoon salt (or to taste)**

### **Directions**

1. Heat the cast iron or soup pot over medium-high heat. Add onions, sauté for 2 to 3 minutes until translucent, then add green bell peppers and sauté another 2 to 3 minutes.
2. Add tomatoes to the onions and bell peppers. Cook, stirring for another 2 minutes.
3. Add kidney beans, pinto beans and corn, stir well. Bring the mixture to a boil and reduce heat to low. Stir in dried red chile powder and salt. Let simmer for 20 minutes, stirring occasionally to prevent burning.

Serve hot with No-fry Frybread, or homemade corn or flour tortillas.

*8 to 12 servings.*