

Simple Peruvian (Mayocoba) Beans Salad

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Peruvian beans are also called Mayocoba beans/ Canary beans, they are ivory yellow beans which is popular in Jalisco as well as much in Southern Mexico. I got this beans in bulk in nearby Mexican Grocery store. As I am vegetarian, I always includes lentils /beans in my diet to get a protein. As far as the protein profile, it is similar to pintos in that essential amino acids missing for a complete nutritional protein are MET/CYS. The missing ones can be obtained by eating grains such as rice or corn. That is why rice and beans is such an healthy combo. Coming to this recipe, it is simple, healthy

and absolutely yummy. This salad features Peruvian beans, onion, tomato, tangy lime juice, salt and pepper. They are high in fiber and protein taste great when served with chips, or lunch served with fresh tortillas. This salad is low in fat and loaded with antioxidants.



Ingredients

To Cook Peruvian Beans

- 1 Cup of Dried Peruvian Beans (Frijoles peruanos)**
- 3.5 Cup of Water**
- 1/2 Tsp of Salt**
- 1 Tbsp of Canola/ Vegetable Oil**
- 1/2 Medium Size White Onion**

To make a salad

- 1/2 Cup of White Onion, Finely Chopped
- 1 Roma Tomato, Finely Chopped
- 1 Tbsp of Jalapenos, Chopped
- Dash of Pepper
- Dash of Salt
- 1 Tbsp of Lemon Juice
- 1 Tbsp of Olive Oil or Chipotle Mayonnaise



Method

To Cook Peruvian Beans

- Check for any stone before cooking. Wash and rinse the

dried beans in cold tap water. In a pan, add water, chopped onion, Peruvian beans, oil and salt and wait for rolling boil temperature. Transfer the beans to cooker or crock pot and set in high and cook it for 4 hrs. Peruvian beans is ready.

To make a salad

- Combine all the ingredients in a large bowl and mix well.
- Cover and chill it for 15 mins.
- If you don't get peruvian beans, try the same recipe with chick peas/chenna, rajma etc..
- Simple Peruvian Beans salad is ready to serve. Enjoy



Tips

- **Serve it with tortilla chips.**
- **You can also add mashed avocado, after refrigerating.**
- **Use red onion instead of white onion.**
- **If you don't get Peruvian beans, try the same recipe with rajma or chenna/chickpeas.**
- **You can garnish with cilantro or green onion or any tomato salsa.**
- **Use canned beans, instead of dried beans.**
- **If you want to use cooker, soak the beans for overnight. Add the beans, oil, salt and enough water. Cook for 3 whistles, then simmer it for 40 mins in low flame. Then turn off the flame. Beans is ready to use.**



Health Benefits of Peruvian / Mayocobo Beans

- 1/4 Cup of beans is equal to 8 g of protein.
- High in fiber, iron, calcium and vitamins.
- Lowers cholesterol levels.

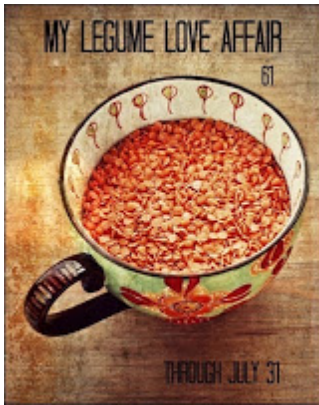
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