

Toasted Bread Topped with Homemade Black Beans – Easy and Delicious



Black Beans are natural health food, rich in antioxidants and proteins. Black beans tastes great along with chipotle peppers, onion, garlic and seasonings. They are low in fat and loaded with antioxidants and fibers. Black beans make a complete protein when paired with rice or bread, which is often why they are so commonly included in a vegetarian diet.

Ingredients

**1 Can (15 oz) Cooked Black Beans
1/2 Cup of Chopped Red Onions**

2 Garlic Cloves, Finely Chopped
1 Tsp of Goya Adoba All Purpose Seasoning
1 Tsp of Goya Sazonador Total Seasoning
1 Chipotle Pepper in Adobo Sauce
Dash of Pepper
Dash of Salt
1 Tbsp of Olive/ Corn Oil

Method

- **Heat a heavy bottomed pan with oil, add onion, garlic, saute well for 1-2 mins until it turns golden brown.**
- **Add black beans, all purpose seasoning, total seasoning, chipotle pepper and a dash of pepper and salt. Keep it covered and let it come to rolling boil and keep it in medium flame for another 5 -7 mins and then switch off the flame.**
- **Hot black beans is ready.**
- **Meanwhile, toast the bread until golden and place it on the plate. Serve the black beans spooned over the toast.**

Easy Homemade Black Beans



Tips

- You can add meat to this recipe.
- Adding chipotle pepper gives a unique taste to the black bean dish.
- You can follow the same recipe by using different beans like navy beans or rajma (Red Beans)

Easy Homemade Black Beans



Health Benefits of Black Beans

- Black beans are rich in fiber, so they help in weight loss.
- Good for digestive tract.
- Prevents cancer.
- Rich in protein, anti-oxidant and iron.

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BUNS IN MY OVEN

OPEN TORTA WEDGES – KIDS

RECIPES



Are you new to the torta or have you tried torta before. A Torta is a Mexican sandwich, served on an oblong 6-8 inch toasted sandwich roll. Main ingredients are steak or chicken or pinto beans and garnishing ingredients are avocado, cheese, jalapenos, poblano , onion and tomatoes.

You can make a simple bread into creative and healthy snack for kids and adults. The addition of Pinto beans and guacamole are very good for our health, also it gives extra taste and creaminess, addition of tomato ketchup gives tangy taste and of course jalapenos gives extra kick to the snack because of mild spiciness. This is very easy to make, healthy and super nutritious. You can pack this for kids lunch box as this snack is colorful, also it is packed with carbs (from bread) protein (from Pinto beans) and good fats (from Avocado) Try this torta wedges and let me know your feedback.

Ingredients

2 Whole Wheat Bread, Toasted
1/2 Cup of [Cooked and Mashed Pinto Beans](#)
1/2 Cup of [Guacamole](#)
2 Tbsp of Tomato Ketchup
10 Slices of Jalapenos
Few Sprigs of Cilantro
2 Tsp of Ghee or Butter

Method

- Spread butter or ghee over the bread and then toast your whole wheat bread in a bread toaster until it turns crisp.
- Using knife, cut the bread into shapes like triangle or circular.
- Take a spoonful of [mashed pinto beans](#) and just spread it over the bread pieces.
- Next, place [guacamole](#) on top of the mashed pinto beans.
- Squeeze some tomato ketchup on top of the guacamole.
- Place the slices of jalapeno next to the guacamole.
- Follow the same steps to the rest of the bread pieces.
- Open Torto wedges are ready. Finally garnish it with cilantro.



Tips

- You can put some cheddar cheese or any cheese on top of the guacamole.
- You can also use mayonnaise or vegenaïse, if you like.
- Your bread should be crisp for this snack.
- You can see my [guacamole recipe with video](#) and [pinto beans recipe](#) in my blog.

Health Benefits of Torta Wedges

- Whole wheat bread are very good for health.

Pinto Beans

- Pinto beans, like most of the other beans, are rich in

fibers that are known for lowering cholesterol.

- This beans are rich in molybdenum, folate, manganese, protein, vitamin B1 and minerals like iron, magnesium, potassium, phosphorous and copper, which are highly beneficial to health.

Avocado

- Inhibits the growth of cancer.
- Rich in folate and vitamin C
- High in beta-sitosterol, a compound helps to lower cholesterol level.



COCONUT OATMEAL COOKIES WITH COCONUT OIL – BAKING RECIPES



Coconut oatmeal cookies are soft and chewy and rich in taste. They taste like a regular soft and buttery cookie but the inclusion of coconut, in the form of coconut oil and coconut flakes (although you can't taste it but it gives these cookies a deep caramel richness and chewy bite. My husband really loved it..Very easy to make in a very less time..

Ingredients

- 3 Tbsp of All Purpose Flour / Maida
- 2/3 Cups of Quick Cooking Oats
- 3 Tbsp of Extra Virgin Coconut Oil
- 1/4 Cup + 1 Tbsp of Sweetened Coconut Flakes
- 3 Tbsp of White Granulated Sugar
- 1/4 Tsp of Salt
- 1 and 1/2 Tbsp of Milk (Full Fat)

Method

- Preheat oven to 350 degree F.
- In a bowl, mix sugar and oil together with a fork or wire whisk.



- Then add flour, oats, coconut flakes, salt and milk to sugar- oil mixture. Mix well with spatula or fork.



- Drop by rounded tablespoonful onto greased baking sheets, 2 inches apart and flatten it slightly with a fork.
- Bake it for 15 – 20 mins or until bottoms turn golden brown. Mine turned golden brown after 15 mins.
- Let the cookies cool down for 10 mins. Then carefully lift the cookies with a spatula and transfer to a cool, flat surface and enjoy....

Yield : 10 Cookies

COCONUT OATMEAL COOKIES



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Tips

- Store it in airtight container after they cooled down.
- You can also use some more coconut flakes on top of the cookie on the baking sheet before baking.
- Use butter or any vegetable oil instead of coconut oil.
- Use agave or brown sugar instead of white sugar.



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Health Benefits of Coconut and Oats.

COCONUT

- Coconut oil boosts the immune system by producing disease fighting substance called LAURIC ACID.
- Full of antioxidants.
- Good for skin.

OATS

- Lowers bad cholesterol and pressure.
- Improves insulin sensitivity.
- Increases appetite controlling hormone.
- High in fiber.

COCONUT OATMEAL COOKIES



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