

Cool Beans!

BEANS FROM AROUND THE WORLD

PINTO BEANS

USA: North Dakota



CHICKPEA

Mediterranean

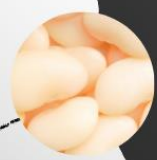


EDAMAME

China/East Asia

BUTTER BEANS

Peru/South America



BLACK EYED PEAS

Nigeria



Beans and legumes are versatile, kind to the environment, and packed with fiber and protein for satiety and digestive health.

FLIK Pinto Beans and Pork Carnitas Tacos, Pickled Radish FIT

Portion Size: 2 each Yield: 8

Ingredients:

Pork Spice Rub

Garlic	1 TBSP
Onion Powder	1 TBSP
Cilantro Fresh Chopped	1 TBSP
Chili Powder	1 tsp
Salt	1 tsp
Pepper	1 tsp
Cumin	½ tsp

Carnitas

Pork Shoulder	1 lb
Olive Oil	1 TBSP
Jalapenos	3 ea
Orange Juice	1 cup
Lime Juice	¼ cup
Sliced Onions	2 oz

Oregano Sprig	½ ea
Garlic Cloves	1 ea
Oregano Sprig	1 tsp
Cinnamon Stick	
Salt	

FLIK Pickled Radish

Celery seeds	½ cup
Sugar	6 oz
Vinegar	
Radish	

Spicy Pinto Beans

Pinto Beans	12 oz
Onion, small diced	1 large
Garlic	1 clove
Water	1 qt
Chili powder	½ TBSP
Cayenne pepper	1/8 tsp
Chipotle peppers	½ TBSP
Salt	1 tsp

Corn Tortilla. 6"	16 ea
Cilantro	As needed

Preparation:

Pork Carnitas

Marinate Pork in spice rub and olive oil over night. Place pork on a sheet pan in a 400-degree oven until well browned and crisp. Remove pork from sheet pan and place in a roasting pan. Discard grease from pork. Cut jalapenos in half. Combine orange juice, lime juice, onions, garlic oregano, cinnamon sticks and jalapeno halves. Pour over pork and cover roasting pan. Cook in 350-degree oven until pork is very tender. Remove pork from braising liquid and allow to cool. Strain liquid. Add salt. Shred pork and add the braising liquid back to pork to moisten.

Pickled radishes

Toast celery seeds. Add sugar, vinegar, bring to boil, let cool. Radish should be very thinly sliced. Pour vinegar liquid over sliced radish and let cool in the fridge. Drain before serving.

Spicy Pinto Beans

In a large pot add soaked drained beans, onions, garlic and water. Bring to a boil. Reduce to a simmer add chili powder, cayenne pepper, chipotle peppers. Cook for 2 hours or until the beans are very tender. Add salt. Combine carnitas and pinto beans in a pot and simmer for 10 minutes to allow flavors to meld.

For Each Serving

On top of each corn tortilla place ½ cup of bean/carnitas mixture. Top each with 4 slices of pickled radish, and garnish with cilantro sprigs.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
350	7	2	500	21	51	12	9



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FLIK Hospitality Group



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Food by FLIK

Zuppa Di Lenticchie (Tuscan Lentil Soup) FIT

Portion Size: 8 fl oz Yield: 4

Ingredients:

Olive Oil	1 TSBP
Celery	2 oz
Onion	4 oz
Carrots	4 oz
Garlic	3/4 tsp
Vegetable broth, low sodium	7 cup
Potatoes	1/2 cup
Lentils	1 cup
Tomatoes	1/2 cup
Lemon Zest	3/4 tsp
Basil	2 tbsp
Salt	1 tsp
Lemon Juice	2 tsp

Preparation:

1. Heat oil. Sauté the celery, onions, carrots, and garlic until tender.
2. Add the broth, potatoes and lentils. Bring to a boil, reduce heat, simmer and cook for 45 minutes, until lentils are tender
3. Add the tomatoes, lemon zest, basil, salt, and lemon juice. Simmer an additional 10 minutes

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
160	3	0	500	8	27	4	3



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