

Soap Seca

Pasta

Source Cooks Illustrated

INGREDIENTS

8 oz whole wheat vermicelli or spaghetti

2 cups low sodium chicken broth

1 14 oz can diced tomatoes

1 15 oz can black beans, drained

1 medium onion, coarsely chopped

2 cloves garlic, peeled and diced fine

1/2 tsp cumin

1/2 tsp salt

2 Tb vegetable oil

1-2 chipotle peppers in adobo (out of the can) chopped fine

1/2 cup grated Monterey Jack cheese

2 Tbs chopped fresh cilantro (as garnish, for color and freshness)

sour cream

DIRECTIONS

Preheat oven to 350. Bring the skillet up to temp on medium-high heat and add a Tb of vegetable oil (I used canola). Break the pasta strands in half so they will fit in the skillet and toast them in the skillet until golden and aromatic (4-5 minutes). Remove the pasta and put in a 9x13" glass baking dish.

Add the 2nd Tb of oil and saute the onion for a couple minutes. Then add the garlic and cumin for another minute (or until "fragrant").

Add the tomatoes, broth, salt, beans and peppers and bring to a boil.

Add to the noodles, cover with foil and place in oven for 15 minutes. Remove foil and cook until the liquid is absorbed. If noodles are still not cooked re-cover with foil until tender.

Once noodles are cooked top with the grated cheese and return to oven for 3-5 minutes until melted.

Sprinkle with cilantro, avocado and sour cream and serve.