

## **Rice Pilaf**

Serves 8

1/2 cup butter

2 cups rice

4 cup boiling chicken broth

1/2 cup finely chopped onion

1 large bay leaf

Melt butter in heavy casserole pot. Add onion, rice and bay leaf. Sauté over med heat for 5 minutes or until rice begins to turn golden. Add boiling broth and stir. Cover and simmer for 20 minutes. Allow to stand 5 to 10 minutes longer. Remove bay leaf before serving.

## **Gohan**

1 1/2 cups rice

2 1/4 cups cold water

Rinse rice; drain and add to saucepan. Add water and let soak 30 minutes. Bring to boil. Cover and cook 10 minutes over med-high heat. Reduce heat to lowest setting and simmer 5 minutes. Remove from heat and let rice rest, covered, 5 minutes. Fluff rice gently and serve.

**\*Golden Parmesan Potatoes**

Serves 4

Aunt Mildred

4 baking potatoes, peeled and cut into 1-inch pieces  
1/2 cup butter, melted  
1/4 cup flour  
1/4 cup Parmesan cheese, grated  
dash pepper  
1/2 teaspoon salt

Mix cheese, flour, salt and pepper in a small bowl.

Dry potatoes and put in a large bowl. Toss potatoes with melted butter. Stir in flour-cheese mixture.

Butter large glass baking dish and add potatoes. Bake in preheated 375-degree oven for 1 hour or until golden brown.

## **Pecan Topped Yams**

Serves 8-10

3 pound yams (orange flesh)  
2 eggs  
3/4 cup brown sugar  
1/2 cup butter, melted

1 teaspoon salt  
1 teaspoon. cinnamon  
(orange juice)  
1 cup pecan halves

Peel yams and cut into 2-inch pieces. Cover with salted water in a saucepan. Bring to a boil; reduce heat to a simmer and cook until fork very tender, about 20 to 30 minutes. Drain and mash. Beat in eggs, 1/4 cup brown sugar, 1/4 cup melted butter, salt and cinnamon. If yams seem dry, beat in orange juice until moist and fluffy. Spoon mashed yams into a 2-quart baking dish. (Refrigerate if you wish

Before baking, arrange pecan halves on top; sprinkle with remaining 1/2 cup brown sugar and drizzle with remaining 1/4 cup melted butter.

Bake, uncovered, in preheated 375-degree oven for 20 minutes, or until heated through.

### **\*The Best Fried Rice**

Serves 4

Note: Directions in the boxes are for fried rice with shrimp. Without boxes is the fried rice with ham recipe.

5 cups cold cooked rice (see below)

1 cup small raw shrimp, cut  
lengthwise)  
1 teaspoon baking soda  
1 teaspoon salt

5 tablespoons peanut oil

2/3 cup diced smoked ham or Chinese  
pork

3 eggs

1/2 cup frozen peas

1/2 teaspoon salt

2 tablespoons oyster sauce

1 cup fresh bean sprouts, rinsed

1/2 cup chopped green onion

Rice: Rinse 2 cups of rice until water runs clear; drain. In saucepan, boil 4 cups water; add rice. Cover and cook over lowest heat for 20 minutes. Cool

completely, uncovered, in broiler pan. Refrigerate overnight. Flake rice so grains don't stick. Measure rice for the above recipe and chill.

Combine shrimp with soda and salt and let stand 15 minutes. Rinse thoroughly in cold water and pat dry on paper toweling.

Heat oil in heavy non-stick skillet until almost smoking. Add shrimp and sauté 30 seconds. Remove from heat, drain and return drippings to skillet.

Heat oil in skillet until almost smoking and add ham to just heat through, stirring. Add rice, stirring rapidly, and cook until heated without browning.

Do the following quickly: Make a well in center of rice and add eggs, stirring constantly. When they have a soft scrambled consistency, start incorporating the rice, stirring in a circular fashion.

When all rice and eggs are blended, add peas and salt, stirring. Stir in oyster sauce and cooked shrimp, tossing the rice over and over to blend everything. Stir in sprouts and cook, stirring and tossing, about 30 seconds. Add green onion and serve immediately.

### **\*Twice Baked Potatoes**

Serves 4

4 large Russet or Yukon Gold  
potatoes, scrubbed, dried and rubbed  
lightly with vegetable oil  
½ cup sour cream  
½ cup buttermilk  
2 tablespoon unsalted butter

½ teaspoon salt  
ground black pepper  
Optional Garnishes: 4 ounces sharp  
cheddar cheese, shredded (about 1  
cup) and/or 1 to 3 medium scallions,  
white and green parts sliced

Adjust oven rack to upper middle position. Preheat to 400-degrees. Bake potatoes on foil-lined baking sheet, about 1 hour or until tender. Cool for 10 minutes on wire rack.

Cut a shallow 2-inch wide strip off of the top of each potato (these will become scoops). Spoon the flesh of the potatoes and the flesh of the scoops into a medium bowl leaving 1/8 to 1/4-inch of the flesh and skin to form the shell. Lightly brush scoops with olive oil and sprinkle the scoops and inside of the shells lightly with

coarse salt; return scoops and shells to the baking sheet. Bake 10 to 20 minutes to crisp. Check to see that scoops are not burning. Meanwhile, mash the potatoes with the sour cream, buttermilk and butter. Add additional salt and pepper to taste.

Fill the shells with potato mixture and return to baking sheet. Broil until spotty brown and crisp on top, 5 to 10 minutes. Garnish with cheese and/or green onion. Serve each scoop buried half-way in the mashed potatoes.

Variations:

Pepperjack cheese and bacon

Monterey Jack and ¼ cup pesto

4 ounce smoked salmon and 3 tablespoon minced chives

Indian spices and peas: Sauté 1 medium onion chopped fine, 3 to 4 minutes. Add 1 teaspoon mashed gingerroot, 3 mashed garlic cloves, 1 teaspoon each: cumin, coriander and ¼ teaspoon each: cinnamon, turmeric and cloves. Cook 30 seconds. Off heat, stir in 1 cup thawed frozen peas. Omit cheese and butter.



## Potato Galette

Serves 6 to 8

America's Test Kitchen

2 1/2 pounds (5-6 large) Yukon Gold potatoes, scrubbed and sliced with mandolin 1/8 inch thick (2mm) (see note)  
5 tablespoons unsalted butter, melted

1 tablespoon cornstarch  
1 teaspoon table salt  
1/2 teaspoon ground black pepper  
1 1/2 teaspoons chopped fresh rosemary leaves (optional)

Adjust oven rack to lowest position and heat oven to 450 degrees. Place potatoes in large bowl and fill with cold water. Using hands, swirl to remove excess starch, then drain in colander. Spread potatoes onto kitchen towels and thoroughly dry.

Whisk 4 tablespoons butter, cornstarch, salt, pepper, and rosemary (if using) together in large bowl. Add dried potatoes and toss until thoroughly coated. Place remaining tablespoon butter in heavy bottomed 10-inch ovenproof

nonstick skillet and swirl to coat. Place 1 potato slice in center of skillet then overlap slices in circle around center slice, -followed by outer circle of overlapping slices. Gently place remaining sliced potatoes on top of first layer, arranging so they form even thickness.

Place skillet over medium-high heat and cook until sizzling and potatoes around edge of skillet start to turn translucent, about 5 minutes. Spray 12-inch square of foil with nonstick cooking spray. Place foil, sprayed side down, on top of potatoes. Place 9-inch cake pan on top of foil and fill with 2 cups pie weights. Firmly press down on cake pan to compress potatoes. Transfer skillet to oven and bake 20 minutes.

Remove cake pan and foil from skillet. Continue to cook until potatoes are tender when paring knife is inserted in center, 20 to 25 minutes. Return skillet to medium heat on stovetop and cook, gently shaking pan (use potholder—handle will be hot), until galette releases from sides of pan, 2 to 3 minutes.

Off heat, place cutting board over skillet. With hands protected by oven mitts or potholders, using 1 hand to hold cutting board in place and 1 hand on

skillet handle, carefully invert skillet and cutting board together. Lift skillet off galette. Using serrated knife, gently cut into wedges and serve immediately.

## Baked Yams

Serves 8

4 medium yams, cooked  
3 tablespoons brown sugar  
½ teaspoon nutmeg  
½ teaspoon salt  
½ teaspoon cinnamon  
4 to 5 tablespoons butter, melted  
¼+ cup can evaporated milk

1 to 2 eggs, lightly beaten

### Topping:

¾ cup corn flakes, crushed  
½ cup pecans, chopped  
3 tablespoons brown sugar  
½ stick butter, melted

Remove peel and whip potatoes in mixer. Mix in all ingredients except eggs and topping. Adjust seasoning to taste and milk to desired consistency. Stir in eggs gradually. Pour into buttered baking dish.

Mix together all topping ingredients and spread over potatoes. Bake in preheated 350-degree oven for 30 minutes, uncovered.

**\*Barbecued Baked Beans**

Serves 6 to 10

*Grace the Table* by Alexander Smalls and Harper Collins

1 pound small white beans  
½ cup onions, finely chopped  
½ cup celery with leaves, finely  
chopped  
¼ cup green bell pepper, chopped  
1 tablespoon garlic, minced  
3 tablespoons olive oil  
1 16-ounce can tomato sauce  
¼ cup dark brown sugar

¼ cup thick molasses  
1 tablespoon dry mustard  
3 tablespoons Worcestershire sauce  
½ teaspoon ground cloves  
2 bay leaves  
1 teaspoon salt  
1 teaspoon pepper  
1 teaspoon fresh thyme  
1 pound slab bacon, diced

Wash beans, place in large pot and cover with water, boil for 5 minutes, and remove from heat. Let sit for 1 hour with tight lid. In skillet, sauté onions, celery, bell pepper and garlic in olive oil on high heat for 4 minutes or until onion is translucent. Add tomato sauce, sugar, molasses, mustard, Worcestershire sauce and

cloves and simmer for 30 minutes. Pour off water from beans and replace with 3 ½ cups (approximately) fresh water. Add bay leaves, salt, pepper and thyme. Let simmer, covered, until beans are tender, 20 to 30 minutes. Sauté bacon; drain. Drain liquid from beans and reserve. Combine beans and tomato sauce in heavy Dutch oven or bean pot. Top with bacon and bake in preheated 250-degree oven for 3 hours (3 to 5 hours in a slow cooker). Stir beans occasionally, adding reserve liquid when needed.

## **Roasted Potato Wedges**

small Yukon Gold potatoes, unpeeled  
olive oil  
salt and pepper

Cut potatoes into wedges: about 1-inch thick at bottom and 3-inches long.  
Toss with olive oil. Sprinkle with salt and pepper. Spread out on baking sheet covered with heavy foil. Bake in preheated 400-degree oven for about 30 minutes, or until the potatoes are golden brown.

## Mexican Rice

Serves 8

Cook's Illustrated (adapted)

1 14-ounce can S&W Stewed  
Mexican Tomatoes  
1 medium onion, chopped  
3 medium jalapeno chilies  
2 cups long-grain rice  
1/3 cup corn oil

3 medium garlic cloves, minced  
2 cups low-sodium chicken broth  
1 tablespoon tomato paste  
salt to taste  
1/2 cup minced fresh cilantro leaves  
1 lime, cut into wedges

Drain liquid from stewed tomatoes and discard. Chop tomatoes in food processor leaving some small pieces. Add water if necessary to make 2 cups liquid. Remove ribs and seeds from jalapenos; Mince.

Place rice in large fine-mesh strainer and rinse under cold running water until water runs clear, about 1 1/2 minutes. Shake rice vigorously in strainer to remove all excess water.

Heat oil in large heavy-bottomed oven safe 12-inch straight-sided sauté pan or



Dutch oven with tight-fitting lid over medium-high heat, 1 to 2 minutes. Drop few grains rice in oil; if grains sizzle, oil is ready. Add rice and chopped onions and sauté, stirring frequently, until rice is light golden, about 6 to 8 minutes. . Reduce heat to medium, add garlic and 2/3 of diced jalapenos; cook, stirring constantly, until fragrant, about 1 ½ minutes. Stir in tomato-onion mixture, chicken broth and tomato paste. Add salt to taste. Bring to boil. Cover pan and transfer to middle rack of a preheated 350-degree oven. Bake until liquid is absorbed and rice is tender, about 25 minutes. Stir rice after 12 minutes.

Stir in cilantro and reserved minced jalapeno. Serve immediately, passing lime wedges separately.

### **Diana's Potato Latkes**

Serves 2

|  |                                     |
|--|-------------------------------------|
| 1 large Yukon Gold or russet potato,<br>washed, not peeled | 1 tablespoons seasoned bread crumbs |
| 2 tablespoon green onion, sliced                           | 1/2 teaspoon each salt and pepper   |
| 1 egg, beaten  | vegetable oil                       |

Finely shred potatoes over a large bowl of cold water. Let stand for 30 minutes.

Drain potatoes and pile into the center of a clean kitchen towel. Twist the ends of the towel to squeeze out excess potato water. Return potatoes to dry bowl. Add eggs, bread crumbs, salt, pepper and green onion; mix well.

Heat oil in large frying pan over medium-high heat. Drop 4 patties of potato mixture in pan. Flatten slightly. Cook until edges are crisp and well browned and undersides are golden brown, about 5 to 7 minutes per side. Transfer to paper towels to drain briefly. Serve hot.

## **Roasted Fingerling Potatoes**

fingerling potatoes  
olive oil  
Kosher salt  
(minced rosemary) optional

Cut potatoes in half lengthwise and add to bowl. Drizzle olive oil and shake to coat the potatoes. Add salt and (rosemary) and shake. Pour out onto well oiled foil, parchment or Silpat; arrange cut side down. Roast in preheated 400-degree oven for 35 minutes or until potatoes have browned on bottoms.

## **Coconut Rice**

Serves 6

2 <sup>3</sup>/<sub>4</sub> cup unsweetened coconut milk, shake well before opening can

<sup>1</sup>/<sub>4</sub> cup water

1 <sup>1</sup>/<sub>2</sub> teaspoon salt

1 <sup>1</sup>/<sub>2</sub> cups long-grain white rice or jasmine rice

garnish: 2 tablespoons sweetened coconut, toasted

Bring to boil coconut milk, water and salt. Add rice. Simmer covered for 20 minutes. Remove from heat and let sit for 5 minutes. Garnish with toasted coconut.

### **\*Danish Potato Salad**

Serves 6 to 8

Bon Appétit

3 pounds Yukon Gold, each about 3 inches in diameter  
½ cup finely chopped chives or green onion tops  
½ cup chopped parsley

2 tablespoons drained capers  
3 tablespoons white wine vinegar  
1 tablespoon caper liquid from jar  
1 teaspoon coarse-grained Dijon mustard  
½ cup extra-virgin olive oil

Cook potatoes in large pot of boiling salted water until just tender, about 15 minutes. Drain, cool 30 minutes and peel, if desired. Cut into ½-inch thick slices. Place potatoes in large bowl. Add chives, parsley and capers.

Combine vinegar, caper liquid and mustard in small bowl. Whisk in oil. Season dressing to taste with salt and pepper. Pour dressing over potatoes; toss gently. Season with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature.)

### **\*Smoky Potato Gratin**

Serves 6 to 8

Adapted from William Sonoma Kitchen

1 ½ pounds Yukon potatoes, peeled  
and sliced ¼- inch thick  
2 garlic cloves  
4 tablespoons butter

1 tablespoon chopped parsley  
1 teaspoon minced thyme or oregano  
1 ½ teaspoons Liquid Smoke  
salt and pepper

Cook potato slices in boiling, salted water until slightly softened, about 3 minutes. Drain into cold water bath. When cooled, drain and dry on toweling.

Smash garlic and sprinkle with generous pinch of salt. Continue smashing and scraping garlic into a paste. Melt butter and stir in garlic paste, parsley, thyme and a few drops Liquid Smoke. Toss butter mixture and potatoes.

Spray a baking dish with non-stick spray. Line potatoes into baking dish slightly overlapping. Season with salt and pepper

Bake in preheated 400-degree convection oven until tender and browned on top, 35 to 45 minutes.

### **\*Fruit Basmati Rice**

Serves 6 to 8

Beverly Gannon

|                              |                                    |
|------------------------------|------------------------------------|
| 2 cups basmati rice          | 1 teaspoon ground turmeric         |
| 3 tablespoons olive oil      | 1 cup unsweetened coconut milk     |
| ½ cup chopped onion          | 3 cups water                       |
| 2 teaspoons minced ginger    | 1 ½ teaspoons salt                 |
| 1/8 teaspoon ground cardamom | ¼ cup diced dried apricots         |
| ½ teaspoon ground cinnamon   | ¼ cups cherry flavored cranberries |

Cover apricots and cranberries in hot water for at least 15 minutes; set aside.

Rinse rice with cold water; set aside to drain. In a medium non-stick saucepan, sauté onion, and ginger in olive oil for 2 minutes. Add cardamom, cinnamon and turmeric. Sauté 3 minutes longer. Add rice and sauté for 5 minutes. Shake the can of coconut milk well. Add 1 cup coconut milk, water and salt to the rice. Bring to a boil, cover, and reduce heat to LOW. Cook 20 minutes. Drain fruit and pat dry with paper towel. Stir fruit into rice and serve.

### **Diana's Candied Yams with Pineapple Sauce**

Serves 8

|   |                    |
|---|--------------------|
| 4 large yams                                  | pinch salt         |
| 1 8-ounce can crushed pineapple with<br>juice | juice of ½ lemon   |
| 1/3 cup + brown sugar                         | butter             |
|   | grated orange peel |

Peel yams and slice crosswise into ½ to ¾-inch rounds. Butter a 9 x 13-inch baking dish and arrange yams in one layer. Set aside.

In a small saucepan, bring pineapple and juice, brown sugar and salt to a boil. Remove pan from the heat and stir in lemon juice. Pour mixture over the yams. Top with bits of butter and grated orange peel. Cover the baking dish with foil. Bake in preheated 400-degree oven for 30 to 45 minutes, or until yams are tender.

To reheat, uncover and heat in a preheated 350-degree oven for 20 to 25 minutes.



## Red Potato Salad

Serves 6 to 8

2 pounds red potatoes, sliced into  $\frac{3}{4}$ -  
inch rounds  
1 tablespoon salt  
1 medium onion, finely chopped  
2 medium cloves garlic, minced  
 $\frac{1}{3}$  cup sour cream

$\frac{1}{4}$  cup mayonnaise  
1 teaspoon + sugar  
2 tablespoons white wine vinegar  
3 tablespoons fresh dill, finely  
chopped  
salt and pepper

Cover potatoes with cold water in a large saucepan. Bring to a boil and add salt. Simmer uncovered until just tender, about 5 minutes. Drain and immerse into a bowl of cold water to stop the cooking. Drain and dry the potatoes somewhat on paper towels. refrigerate.

Saute onion until just transparent, about 3 minutes. Add garlic and cook 1 minute.

In a small bowl, mix sour cream, mayonnaise, sugar, white wine vinegar, onion

and garlic mixture. Taste and add sugar, salt and pepper to taste. Gently fold sauce into potatoes. Chill. Before serving, taste again and adjust seasonings if necessary. Serve with a sprig of dill.

## **Smashed Potatoes**

small Red Bliss potatoes, pricked with a toothpick  
olive oil  
specialty oil; i.e., truffle oil  
kosher salt  
pepper  
optional: fresh thyme leaves

Arrange potatoes in glass baking dish with about 1/4-inch water. Cover and microwave for 10 minutes on High. Let cool somewhat. While potatoes are cooking, preheat oven to 375-degrees convection. Cover baking sheet with parchment and spread with olive oil. Space potatoes evenly on parchment and smash with potato masher to 1/3 to 1/4-inch. Drizzle specialty oil and sprinkle with salt, pepper and (thyme). Bake for 20 minutes.

## Roasted Red Potatoes

Serves 4

Cook's Illustrated

2 pounds Red Bliss potatoes  
olive oil  
salt and pepper

Adjust oven rack to middle position and preheat to 425-degrees. If potatoes are small, cut in half; for larger potatoes cut into quarters. Toss potatoes in olive oil and season with salt and pepper. Cover a large baking sheet with heavy foil and brush with olive oil. Place potatoes cut-side down. Cover with another sheet of heavy foil and bake 20 minutes. Remove foil and roast until potatoes touching pan is crusty golden brown, about 15 minutes more. If the potatoes were quartered, turn to other cut side with a metal spatula and roast another 5 to 10 minutes or until the skins have raisin-like wrinkles. Remove from pan carefully with metal spatula and serve.

## Brown Rice and Beans

Serves 4 to 6

|  |  |
|--|--|
| 4 teaspoons <a href="#">olive oil</a>          | 1 1/2 cups brown rice                                  |
| 1 medium onion , chopped fine<br>(about 1 cup) | 1 teaspoon <a href="#">salt</a>                        |
| 1 green bell pepper, chopped fine              | 1/4 teaspoon cayenne                                   |
| 3 garlic cloves , minced                       | 1 (15.5-ounce) can black beans,<br>drained and rinsed  |
| 1 cup <a href="#">low-sodium chicken broth</a> | 1/4 cup chopped fresh cilantro leaves                  |
| 2 1/4 cups water                               | 1/4 teaspoon ground black pepper<br>lime Cholula sauce |

Adjust oven rack to middle position; heat oven to 375 degrees. Heat oil in large Dutch oven over medium heat until shimmering. Add onion and pepper and cook, stirring occasionally, until well browned, 12 to 14 minutes. Stir in garlic and cook until fragrant, 30 seconds.

Add broth and water; cover and bring to boil. Remove pot from heat; stir in

rice, cayenne and salt. Cover and bake rice until tender, 70 minutes.

Remove pot from oven, uncover, fluff rice with fork, stir in beans, and replace lid; let stand 5 minutes. Stir in cilantro and black pepper. Serve, with lime Cholula sauce.

## Sweet Potato Hash

Serves: 8 to 10

Dan Smith and Steve McDonagh

1/4 cup [vegetable oil](#)  
1 red onion, thinly sliced (about 2 cups)  
1 [red bell pepper](#), diced (about 2 cups)

2 pounds [sweet potatoes](#), quartered and cut into 1/4-inch slices  
1 teaspoon ground cumin  
2 teaspoons salt  
1/2 teaspoon red pepper flakes  
1/2 cup green onions, chopped

Pour the oil into a large skillet and place over high heat. Add the onion and bell pepper and sauté, stirring, 2 to 3 minutes. Add the potatoes, cumin, salt and [red pepper flakes](#), lower the heat to medium-high and cook, stirring occasionally, for 25 to 30 minutes, or until the potatoes are fork tender and some are browned. The potatoes will begin to stick as they cook. Just continue to turn with a spatula. Stir in half of the green onions, top with the remainder, and serve immediately.

## Spicy Sweet Potatoes

Servings: 8

3 medium sweet potatoes (orange flesh), peeled and cut into  $\frac{3}{4}$  to 1 inch cubes (about 6 cups)

3 tablespoons melted, unsalted butter

3 tablespoons brown sugar

2 teaspoon chili powder (not chipotle)

1 teaspoon salt

1. In a large bowl, toss the potatoes with butter. In a small bowl, mix together the sugar, chili powder and salt. Sprinkle the mixture over the potatoes and toss well to coat.
2. Transfer to a greased 9 by 13 inch baking dish.
3. Bake, uncovered, at 400 degrees for 25 to 30 minutes or until potatoes are tender, stirring after 15 minutes.



## **Diana's Red Potato Salad**

Serves 6 to 8

2 pounds red potatoes cut into  $\frac{3}{4}$ "  
pieces

1 tablespoon salt

1 medium red onion, finely chopped

2 medium cloves garlic, minced

$\frac{1}{3}$  cup sour cream

$\frac{1}{4}$  cup mayonnaise

$\frac{1}{2}$  teaspoon sugar

1 tablespoon white wine vinegar

2 tablespoons fresh dill, finely  
chopped

salt and pepper

optional: pickle relish, diced hard  
boiled eggs, chipotle in adobo

(\*See alternation method.) Cover potatoes with cold water in large pot. Bring to a boil and add salt. Simmer uncovered until just tender, about 5 minutes. Drain and put into bowl of cold water to stop cooking. Drain and dry potatoes somewhat on paper towels. Refrigerate.

Sauté onions until just transparent, about 3 minutes. Add garlic and cook until

fragrant.

In small bowl, mix sour cream, mayonnaise, sugar, white wine vinegar, onion and garlic mixture. Taste and adjust seasonings. Gently fold sauce into potatoes. Chill. Before serving, taste again and adjust seasonings if necessary. Serve with a sprig of dill.

\*Roasted Potato Salad: Cube potatoes and toss with olive oil. Roast a 375-degrees until brown, 30 to 45 minutes. Double the sauce ingredients.

### **Refried Beans**

1 tablespoon olive oil  
1/2 medium onion, diced  
2 cloves garlic, minced  
1 teaspoon ancho chili powder, or other chili powder  
1 (15-ounce) can pinto beans, preferably low-sodium, drained and rinsed  
2/3 cup low-sodium chicken broth, plus more if needed  
Salt and pepper  
2 tablespoons chopped fresh cilantro leaves

Heat the oil in a large skillet over medium heat. Add the onion and cook until tender, about 3 minutes. Stir in the garlic and chili powder and cook for 1 minute more. Stir in the beans and chicken broth and cook until the beans are warmed through, about 5 minutes. Mash the beans coarsely with the back of a wooden spoon, adding more chicken broth to moisten, if needed. Season with salt and pepper, to taste. Stir in the cilantro.

