

ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver



FRIJOLE-MOLE

½ lb. trimmed green beans

Steam until tender

1 coarsely chopped onion

1 tbs. olive oil

Sautee onions over medium heat until they become slightly transparent.

3 hard boiled eggs

2 cups fresh basil leaves

1 tbs. lemon juice (optional)

Combine beans, cooked onions, eggs, basil and lemon juice in food processor and blend into a coarse puree.

Mayonnaise or yogurt

Salt and pepper

Remove puree to a bowl and combine with enough mayonnaise or yogurt to hold mixture together. Add salt and pepper to taste. This spread is fantastic served on crusty bread, crackers, or rice cakes.

