

# Dry Beans Commonly Consumed (by nationality)

Country	Commonly consumed bean(s)	Comments
<b>Argentina</b>	Fava or red kidney beans*	Beans may be used in salads.
<b>Belize</b>	Red kidney beans**	Stewed beans may be made with coconut milk and served with either rice or tortillas.
<b>Bolivia</b>	Black beans*	Refer to them as <i>porotos</i> and make black bean chili.
<b>Brazil</b>	Black beans**	Feijoada, a national dish, has black beans and many types of meats and/or sausages.
<b>Chile</b>	A local cranberry bean, navy beans*	Porotos is a dish made with cranberry beans.
<b>Colombia</b>	Red kidney beans	Refer to them as <i>frijoles</i> .
<b>Costa Rica</b>	Black beans	Black beans and rice, fried together are called <i>gallo pinto</i> .
<b>Cuba</b>	Black beans, chick peas	Black beans and white rice are called <i>Moros y Cristianos</i> , from Moors and Christians.
<b>Dominican Republic</b>	Red kidney beans	Habichuelas con dulce are beans made as a dessert with raisins, cinnamon, coconut milk, etc.
<b>Ecuador</b>	Many types, including black or kidney	Refer to them as <i>porotos</i> .
<b>El Salvador</b>	Black or red kidney beans	A thick corn tortilla (pupusa) may be stuffed with black beans.
<b>Guatemala</b>	Black beans	Refried black beans are <i>frijoles volteados</i> .
<b>Honduras</b>	Many types	Have red kidney beans and rice.
<b>Mexico</b>	Pinto, black, red kidney, chick peas	Beans are used in many dishes, intact or refried (boiled, mashed), with rice, tortillas, in stews, soups, mixed dishes or casseroles.
<b>Nicaragua</b>	Kidney beans	Red beans and rice, fried together are called <i>gallo pinto</i> .
<b>Panama</b>	Pigeon peas	Soupy rice with beans, meats and starchy vegetables is called <i>gallo pinto</i> . Pigeon peas are called <i>gandu'</i> .
<b>Paraguay</b>	Pinto beans, black, chick peas	Pinto beans for bean soup, also black and chick pea.*
<b>Peru</b>	Peruvian (mayocoba or Canary) beans, black beans	Peruvian beans are similar to pintos.
<b>Puerto Rico</b>	Red kidney beans, pigeon peas, chick peas, navy beans, pink beans	Refer to red kidney beans as <i>habichuelas</i> and black beans as <i>frijoles</i> . A <i>matrimonio</i> (a marriage) is a mix of rice and beans. Pigeon peas are called <i>gandules</i> .
<b>Uruguay</b>	Fava, red kidney, pinto beans	Beans may be used in salads.
<b>Venezuela</b>	Black, kidney or fava	The black beans are called <i>caraotas negras</i> and the soup is called <i>sopa de frijoles negros</i> .
<b>Spain</b>	Chick peas (garbanzo beans), navy beans	Fabada is also known as Asturian (white bean) soup; Potaje de garbanzo is Spanish chick pea soup.

\*Many types of beans are eaten but generally not consumed as commonly as in Central America or other South American countries.

\*\*Although Brazil, located in South America, was originally a colony of Portugal and is Portuguese (not Spanish) speaking, it is included in the table due to its high black bean consumption. Likewise, Belize, located in Central America was a British colony but has a large population of people of indigenous and Spanish ancestry, as well as predominantly Spanish speakers who have a large consumption of red beans.

