

## Diet

The diet of the classical Maya was healthy and far reaching, including a variety of meats, fish, and plant food. Their four main domesticated crops were beans, chili peppers, squash, and maize. From very early times, they made tortillas from maize and used these with other food items. Avocados and tomatoes were also popular choices.

### Healthy recipe

#### Bean paste tostadas (serves 6-12)

##### *Ingredients*

1 lb. dry pinto beans (rinsed and sorted for stones)  
6 cloves crushed garlic (divided)  
1 tomato, diced  
1 tbsp. chili powder  
2 tbsp. ground cumin  
2 tbsp. olive oil  
Salt, to taste  
12 tostado shells

Garnish (optional): bunch of green onions, 3 avocados, 3 tomatoes, all chopped; chili sauce

##### *Directions*

1. Place the beans in a slow cooker and cover with an inch of water. Cook over high heat, and bring to a boil. When the beans have come to a boil, drain, and return them to the cooker.
2. Cover the beans with 2 inches of water, and add half of the crushed garlic, the tomato, chili powder and cumin. Bring to a boil over high heat. Then reduce heat to low, and simmer until the beans are very soft (this will take up to 4 hours).
3. Once the beans have cooked, mash them with the remaining garlic and the oil. Salt to taste. Use additional water as needed to get desired consistency. To complete, cook over low heat for 30 minutes, stirring occasionally.
4. Spread the hot paste onto the flat tostada shells. If desired, garnish with chopped green onions, chopped avocado, and tomatoes. Have chili sauce available for those who want it.