

Black Beans

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- 1 16oz package dry black beans
- 1 tsp. dry oregano
- 2 cloves minced garlic
- 1 tbsp. salt
- 2 tbsp. Olive Oil
- ½ cup chopped Bell pepper
- ½ cup diced onion
- 1 tomato

Place dry black beans in a large pot of water on the stove. Allow to soak overnight.

Drain and rinse beans. Place back in pot. Add about 4 cups of water, just enough to cover.

In a small skillet, heat olive oil over medium heat. Add Bell pepper, onion, and garlic. Sauté until onion is translucent. Add to beans in pot.

Take a whole tomato and cut it into quarters and place it in the pot with the beans.

Add your seasonings; Oregano, Salt, and a dash of pepper. Place lid on beans and leave on medium heat for 2 hours.

DO NOT stir. Allow beans to cook. If needed add water to the pot. After 2 hours you may stir and taste the beans. Add more salt if needed, recover and cook an additional 30-45 minutes.

Serve with rice.

TRICKS

After soaking, follow the above directions, but place in a crockpot on low for 8-10 hours. Just as delicious!

You can also use canned beans, but I get better results with the dry.

Limit the stirring. You don't want your beans to get mushy!