

BLACK BEANS

INGREDIENTS:

1 pound Black Beans
10 cups Water
1 large Green Pepper
2/3 cup Olive Oil
1 large Onion, chopped
4 cloves Garlic, chopped
4 tsp. Salt
½ tsp. Pepper
¼ tsp. Oregano
1 Bay Leaf
2 T. Sugar
2 tsp. Vinegar
2 T. Dry Cooking Wine
2 T. Olive Oil
Rice

DIRECTIONS:

1. Wash beans, drain.
2. Soak beans overnight with green pepper.
3. Using same water beans soaked in, cook beans until soft (about 45 min.)
4. In fry pan, heat 2/3 cup olive oil and sauté onion, garlic, and green pepper until tender.
5. Add mixture to beans.
6. Now add salt, pepper, oregano, bay leaf, and sugar.
7. Boil beans for 1 hour.
8. Add vinegar and wine.
9. Simmer beans on low heat for 1 hour.
10. Uncover to reduce liquid.
11. Just before serving, add 2 T. olive oil.
12. Serve with rice. Serves 8.