

Mexican Black Beans



Where service and savings matter.

SERVINGS: 8 servings

NUTRITIONALS

Nutritional analysis per serving:
calories 260, calories from fat 25, total fat 3g, saturated fat 0.5g, trans fat 0g, cholesterol 0mg, sodium 160mg, total carbohydrate 46g, dietary fiber 11g, sugars 5g, protein 14g, vitamin A 20%, vitamin C 90%, calcium 10%, iron 25% IS2009

INGREDIENTS:

- 1 lb (2 ½ cups) dried black beans, soaked in cold water overnight
- 6 cups water
- ½ green bell pepper, seeded and chopped
- ½ yellow bell pepper, seeded and chopped
- ½ red bell pepper, seeded and chopped
- 1 large onion, chopped
- 1 Tbsp olive oil
- 1 tsp (2 cloves) minced garlic
- 1 Tbsp cumin seeds **or** 2 tsp ground cumin
- 1 Tbsp dried oregano
- ½ tsp salt
- 2 tsp paprika
- ¼ tsp cayenne, optional
- 10 jalapeno **or** hot pepper rings (from a jar), chopped
- 1 can (14 ½ oz) diced tomatoes, no salt added

DIRECTIONS:

FOLD

4 to 13 hours before serving:

1. Rinse the soaked beans in a colander.
2. Put drained beans in slow cooker with 6 cups water. Cook on HIGH 5 hours, or LOW 12 to 13 hours.

1 hour before serving:

3. Towards end of cooking time, prep vegetables and sauté in oil in medium skillet about 5 minutes.
4. While veggies are sautéing, place a strainer over a bowl. Pour entire cooker full of beans into strainer, maintaining 1 cup of bean water.
5. Return beans to slow cooker. (Discard remaining bean water or save for another use.) Add sautéed vegetables to slow cooker.
6. Add cumin seeds, oregano, salt, paprika, cayenne, jalapeno, and diced tomatoes to cooker and mix well. Allow to cook on HIGH 30 minutes to 1 hour longer.
7. Serve with crackers, Baked Tostitos or Cornbread and crunchy raw veggies on the side.

***Tip:** Recipe can be made on top of the stove in 2 ½ hours. Can also be doubled and freezes well.

Source: Lickety-Split Meals. www.zonyia.com.

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