

BLACK BEANS

WASH AND SOAK BEANS OVERNIGHT.

PRESURE COOKER - 40 MIN (OR) STOVE TOP - 2:00 HRS

CROCK POT OVER NIGHT

1 LB (1 BAG), BLACK BEANS

4 GARLIC CLOVES CHOPPED

4- CHOPPED CARROTS

1- CELERY CHOPPED or GRATED

1- MED ONION, FINELY CHOPED

½- SMALL GREEN PEPPER, FINELY CHOPPED

1 or 2 CHICKEN BOUILLION

1- TS, OREGANO

¼- TS, RED CAYENNE PEPPER

1- TB, GROUND CUMIN

1-2- BAY LEAF

1- TB, DARK STRONG-FLAVORED VINEGAR RED WINE. OR 1- CUP
DRY SHERRY. I USE MERLOTT

¼- CUP, RED PIMIENTO, FINELY CHOPPED

6- OLIVES AND SOME OF ITS JUICE

I DONT USE SALT PORK / MEATY PART CHOPPED

STEP 1

AFTER BEANS HAVE EITHER BEEN SOAKED OVERNIGHT, OR BOILED AND STOOD 1- HOUR. ADD OREGANO, CUMIN, BAY LEAF, CAYENNE PEPPER. THEN COOK AT 15- LB PRESSURE 25- TO 30- MIN.

BY-PASS SOAKING BEANS IF COOKING IN A CROCKPOT. WATER SHOULD BE ADDED IF TOO MUCH EVAPORATES.

NO NEED TO SAUTEE ANYTHING, JUST THROW EVERYTHING IN THE CROCKPOT.

6 TO 8 HRS COOKING TIME.

STEP 2

SAUTEE IN OLIVE OIL, ½- ONION, ½- PEPPERS, 1- GARLIC, PIMIENTOS,
1- SPOON LADDLE DRY SHERRY, 6- 10- OLIVES SOME OF ITS JUICE,
SALT PORK MEATY PART CHOPPED FINELY..

STEP 3

REMOVE ABOUT ½- TO 1- CUP OF BEANS AND MASH, RETURN TO POT
AND ADD THE FOLLOWING;

2- TB, VINEGAR

2- TB, RED WINE VINEGAR

ADD ALL INGREDIENTS (STEP 2)

BRING TO A BOIL, SIMMER 20- MIN. MORE.

PREP TIME:0:20

COOK TIME: (PREASURE COOKER) - 0:50 - (OR)

COOK TIME: (STOVE TOP) - 2:00