

FRIJOLES NEGROS DENS RECIPE (BLACK BEANS)

2 medium green peppers (can use one red and one green) sliced
12-15 medium sized olives, halved
1 large onion, sliced
2 Tbsp garlic
3 Bay leaves
1 Tbsp oregano
2 tsp basil
Salt and pepper to taste
1 Tbsp olive oil
Cumin
Vermouth

Four cans Goya brand premium black beans, 2 drained, and 2 with liquid
3 Tbsp Goya Brand Sofrito seasoning sauce (from Hispanic food section)

1. Put the two cans of beans with liquid, and one without, into a large pot. Simmer at lowest temperature.
2. Begin sautéing the vegetables and dry spices on med-low heat. Do not cook through, just warm them.
3. While vegetables sauté, put one can of beans without liquid into food processor. Add Sofrito and puree. Mix into beans.
4. Mix vegetables into beans. Reduce heat to low. Cook for 35-40 minutes, stirring every ten minutes. Turn off heat and let the cooked beans set for about 30 minutes before serving. The Bay leaves aren't meant to be eaten.

You can eat the beans as soup (more like chili!), or ladle them over white rice. Those who like spicy stuff can try green Tabasco sauce in their beans. The beans seem to have the best flavor when refrigerated overnight and re-heated.