



Basic Black Beans

INGREDIENTS

8 cups water
3 cups dried black beans
1 dried chili pepper
3 bay leaves
4 cloves garlic
1 tbsp ground cumin
1 1/2 tsp chili powder
1 1/2 tsp salt
1/2 tsp black pepper, ground

METHOD

1 First, soak the dried black beans overnight. Drain before cooking. Slice the garlic.

2 Add the soaked black beans to a large pot. Add the dried chili pepper, bay leaves, garlic, ground cumin, and chili powder.

Add the water and bring to a boil. Reduce heat to medium. Cover with the lid slightly ajar and simmer for 1–1 1/2 hours, until the beans are tender.

3 During the last 15–20 minutes of cooking, add the salt and freshly ground black pepper. Taste and adjust seasoning if needed. Serve warm.