

Frijoles Negros

INSTRUCTIONS

Carefully pick through the beans and remove any foreign objects.

Place beans into a colander rinse under cold water then transfer the beans to a large bowl. Soak overnight.

In a stock pot add 1/8 cup evo, sauté the garlic, roasted pepper, onion over medium-high heat until soft.

Add soaking beans to this mixture including deep purple soaking liquid.

Bring the beans to a boil over medium high-heat then reduce the heat to medium and continue to simmer the beans for 45 minutes.

Add the remaining water as needed; beans should be covered in liquid at all times during this process.

Add cumin, oregano, red wine vinegar, 2 tablespoons EVO and stir this mixture into the bean soup and allow the beans to continue to cook for 30 minutes more.

Salt to taste

Check to see if the beans are tender (split a single bean with thumb and forefinger and check for any “white” in the center of the bean, if they is continue simmering adding water if necessary.

Remove the bay leaf.

To finish the soup stir in the ¼ cup olive oil, vinegar, salt and pepper to taste.

Serve the soup hot with a splash of rum, red wine vinegar, and a little white rice.

INGREDIENTS

1 pound black beans

12 cups water

1 bay leaf

8 cloves garlic, minced

4 fire roasted poblanos
peppers, peeled chopped
no seeds

1 onion, finely chopped

¼ cup olive oil, plus 2
tablespoons

2 tablespoon red wine
vinegar

2 tablespoon oregano

1 tablespoon cumin

Salt and pepper

Condiments

Light rum (Barcardi)

Red wine vinegar

EVO

Cooked (Uncle Ben's)
white rice