

for 1lb bag of Black Beans

Soaks Beans for at least 2-3 hours - overnight if possible but can ferment if soak for too long

Chop finely

2 Green Bell Peppers

2 Small Yellow (Spanish) Onions

6 Cloves Garlic

3 Tbsp Oregano

3 Tbsp Cumin

2-3 Tspn Salt & Pepper

2-3 Bay Leaves

Sofrito - Heat olive oil in pan. Add Green Pepper and Onion and saute. Add Oregano, Cumin, Salt, Pepper. After a few minutes add garlic.

Bring beans to boil.

When Sofrito is ready add to beans.

Add Bay Leaves.

Once beans are brought to boil lower heat to simmer. Cook until beans soft and the liquid is thick. 4-5 hours or more depending. Add water if thickening happens before beans soften or raise heat if beans soften first.