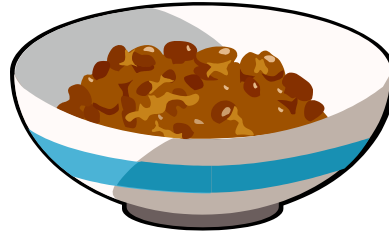


Frijoles Negros

(Costa Rican Black Beans)

(crockpot method)

- 2 cups black beans
- 2 tsp dried oregano
- 1 bell pepper
- 1 onion
- 1 tsp cumin
- 1 tsp garlic powder (can also use fresh whole garlic cloves)
- Freshly chopped cilantro (use only fresh) (optional)
- 2 tsp salt
- Dash of cayenne (red) pepper (optional)



Soak the beans for at least 8 hours in cold water (put in bowl and cover with water at least 3 inches over the beans because they swell up). Rinse well.

Place beans in the crockpot and add 6 cups of water. Add the oregano, salt and cumin. Place the onion skinned with ends cut off whole into the pot. Cut the bellpepper in half and remove stem and seeds and place into the pot. Cook on high 10 hours (can be overnight). One hour before serving, remove the onion and bell pepper (and garlic cloves if they were added) . Add in freshly chopped cilantro and let simmer for an hour before serving. If you don't like cilantro, leave out, but this herb is widely used amongst Costa Rican foods and is excellent for your health.

Bon Appetite