

## **BLACK BEANS general instructions - vegan! Yummy!** by P. Carmichael

1 pound of dry Black Beans - soak them overnight in a full pot of water

5 Cups water

2 medium size onions - roughly chopped

1 carrot - diced (small pieces)

2 Celery Stalks (optional) - diced

6 cloves of garlic - minced

White wine vinegar - 4 Tablespoons

Cumin - 1 tablespoon, or more if you like Cumin (I do, so I add a lot!)

Oregano - 1 Tablespoon

Sugar - 1 tablespoon (you may not need as much if you add the carrot - even less if you add corn)

salt and pepper to taste

### Other stuff you might add:

2 or 3 diced tomatoes

corn - 2 ears of niblets

worcester sauce - a bit for flavoring

cayenne pepper or any kind of hot pepper, if you like it hot!

Paprika

### **DIRECTIONS**

- 1) After soaking the beans overnight, drain and rinse in a colander. In a large pot, add the 5 cups of water with the beans and simmer for 30 minutes, skimming off any foam.
- 2) Add the onions, carrot, and optional celery, and simmer covered for 30 more minutes.
- 3) Add the Garlic, Cumin, Oregano, optional tomatoes, and simmer uncovered for yet another 30 minutes, stirring occasionally. If you're going for more of a soup, then add the tomatoes and a bit more water at this stage. If you're going for a chili, hold the extra water but add the tomatoes and corn
- 4) Add the Sugar, Vinegar, and whatever optional spice you prefer. Crack some fresh ground pepper, and at this point, you may want to add some salt - you decide how much.
- 5) At this point, you should be done - check the beans and water consistency. If you like a more creamy texture, you can puree your beans in a blender, but that's more stuff you'll have to clean - whole cooked beans are usually fine.

### Serve with these optional garnishes:

Rice

Chopped cilantro

Cheese

chopped avocado

diced tomatoes