

Fiesta Beans

Ingredients:

2 Lbs Dried Black Beans (any bean will work with this)
3 Celery Ribs, cut into large pieces (see pic)
1/2 Red Bell Pepper (3 oz), large dice
1/2 Yellow Bell Pepper (3 oz), large dice
1/2 Orange Bell Pepper (3 oz), large dice
1/2 Large Onion, diced
3-4 Cloves Garlic, minced
1 Small Jalapeno, deseeded, ribbed, and minced
6 Cups Water (approximately)



Spices: (dried form unless otherwise stated)

1 tsp Corriander
1 Tbsp Cumin
1/2 tsp Smoked Paprika
2 Tbsp Oregano, dried
2 Bay Leaves, (small, dry)
2 Tbsp Fresh Cilantro, chopped
1 Tbsp Distilled White Vinegar
Salt and Pepper to taste

You'll Need:

Stirring Spoon
Slow Cooker
Cutting Board or Mat
Knife

Cook Time: Approximately 10 minutes to prep
Instructions:

Makes: About 8 Pints

1. Soak your beans overnight. Salting the soaking water will give the beans a great head start! If you do soak the beans, you will need only enough water to just barely cover them during cooking. If you did not, you will need approximately double the water.
2. Once the beans are soaked, drain and rinse them. Put them into the slow cooker along with the all the other vegetables and spices.
3. Stir to combine well and then add the water to cover the beans.
4. Set the cooker on high for 6 hours and go about your day!

Serving Suggestion:

These beans are super versatile! They are a great add to any southwestern or Mexican inspired dishes. We love to pair them with our Mardi Gras Rice and serve with avocado, a squeeze of lime, and steamed kale! Be sure to check out that rice recipe here. Beans and rice are classic. And, tacos! Tacos just don't get any better!

*Notes:

Alternatively, this can be done on the stove top. And, it might take a little less time but would require more babysitting for stirring and adding water as needed.

This freezes very well! Great for a meal prep weekend! Just portion it out, being sure the beans are covered with their liquid, and freeze.

You can do this with canned beans but the flavor will not develop quite as well. To do this quick method, simply sauté all your vegetables and spices (except the vinegar) together until softened. Then add in beans and cook to combine and heat through. Add in the vinegar in the last few minutes of cook time.

