Basic Black Beans

Makes 3 cups | Active Time: 2 hours | Total Time: 2 hours

Step 1: Preparing the Black Beans

4 cups water

First, gather and prepare your mise en place.

• 1 1/2 cups black beans, soaked overnight

To prepare the black beans, in a large pot, add the beans and all spices — except for the salt and pepper.

• 2 to 3 dried chiles, such as Chile de Arbol

Next, add the water and bring to a boil. Lower to medium heat, cover with a lid,

• 2 bay leaves

• 1 tsp gr cumin

slightly ajar, and allow to simmer for 1 to 1 1/2 hours, or until fully cooked through.

· 3 cloves garlic, smashed

During the last 15 to 20 minutes of cooking season with the salt and pepper. Once done, taste for flavor balance, adjusting the seasoning as needed.

• 1 tsp Chili Powder

DRAIN — SAVE LIQUID — add water if needed to ensure the beans are covered

• 1 1/2 tsp sea salt, or to taste • 1/2 tsp freshly ground black pepper,

*Note: Use these beans as the base, to make these delicious Refried Black Beans.

or to taste