

Perfect Slow Cooker Beans

Swick

Makes 8 servings | Active Time: 20 minutes | Total Time: 8 hours

Chef's Notes

- Epazote is an aromatic herb used in the cuisines and traditional medicines of Mexico and Guatemala; it has notes of oregano, anise, citrus, and mint. Look for it in specialty food or Latin grocers or at online retailers.

Step 1: Making the Dish

- | | |
|--|---|
| <ul style="list-style-type: none">• 2 cups dried beans of choice• 1 to 2 teaspoons sea salt• 1 tablespoon black peppercorns• 3 to 4 large garlic cloves, skin on• 1/4 cup diced white onion• 2 bay leaves (optional)• 2 chipotle peppers (optional)• 2 teaspoons dried epazote* or 3 to 4 epazote sprigs (optional) | <p>Turn empty slow cooker on low to preheat.</p> <p>Meanwhile, use a sieve or colander to rinse beans in water and shake off excess liquid. Add to slow cooker.</p> <p>Add sea salt, whole black peppercorns, garlic cloves, and diced onion. Add bay leaves, chipotle peppers, and epazote, if using.</p> <p>Pour boiling water over the mixture until water is 2 inches above beans. Cover slow cooker and set on low for 7 to 8 hours. Remove bay leaves.</p> <p>Serve beans with rice, over a salad, or in tacos.</p> |
|--|---|