

Basic Black Beans

Swick

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

Step 1: Preparing the Black Beans

- 4 cups water
- 1 1/2 cups black beans, soaked overnight
- 2 to 3 dried chiles, such as Chile de Arbol
- 2 bay leaves
- 3 cloves garlic, smashed
- 1 tsp gr cumin
- 1 tsp Chili Powder
- 1 1/2 tsp sea salt, or to taste
- 1/2 tsp freshly ground black pepper, or to taste

First, gather and prepare your mise en place.

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

Next, add the water and bring to a boil. Lower to medium heat, cover with a lid, slightly ajar, and allow to simmer for 1 to 1 1/2 hours, or until fully cooked through.

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.

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

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