

Recipe – Easy Basic Black Beans

Ingredients:

- One pound black beans, sorted, washed, and soaked overnight in 2 quarts water
- Optional: One piece of kombu
- one small jar tomato sauce with no sweeteners
- one small jar salsa with no sweeteners
- 2 Tbsp chili powder
- Optional: Up to 4 cups of high fiber vegetables like cabbage
- Salt to taste

Directions:

Discard the soaking water and put about two quarts of fresh water in the beans, enough to cover by an inch

Add kombu, if using, to increase digestability, simmer on medium low

Add tomato sauce, salsa, chili powder and optional vegetables and simmer 60 – 90 minutes or until beans are soft and the water has most cooked off

Salt at the end only or beans may not soften properly