

CARLA'S BLACK BEANS

JUST ADD CHIPS AND SALSA AND YOU ARE READY TO PARTY!!



I have been requested to blog on my black bean recipe. Not an exciting subject but it makes a nice meal when you add some tamales and salsa and chips. My favorite tamales are the spinach and corn ones from Berryhill's.



I like to make black beans when I am putzing around the house. It is best when it cooks all day. Ok here we go. First, you need a bag of black beans. Dump them in a pot and cover well with water. Let this sit overnight.

The next morning rinse the beans and discard the water. Meanwhile chop up two large onions. I like the yellow ones. I am not precise about this so don't worry if you want to put in one or three onions. I also chop up carrots. Being lazy I buy those cute little bunny love carrots that are already peeled. I chop up about 12 or 15 carrots. Then to spice it up I chop up two to three jalapenos.



Tip on jalapenos. Put on gloves when you do it. Otherwise you may rub your eyes and that "hot" from the jalapenos won't feel good in your eye. Also make sure to remove the seeds from the inside.



Now put two to three tablespoons of olive oil in a skillet. Heat this up and add the onions, carrots and jalapenos. Cook this for fifteen or twenty minutes or until the onions are translucent.

Meanwhile put the beans in a big pot and add two containers of vegetable stock. Each container has 26 ounces. Turn up the heat until the water is boiling, then add all the veggies from the skillet.



The other key ingredient to this recipe is orange juice. This is the critical part. Squeeze oranges or tangerines. I like to squeeze at least one and a half cups. Don't buy prepared orange juice. It needs to be freshly squeezed. Then take an orange or two tangerines, peel them and remove the seeds. Put the orange sections in the pot with everything else. I know this seems weird but at the end the oranges will be gone and just their flavor will remain. I also add a big heaping teaspoon of cumin. Season to taste with sea salt and ground pepper.



Now after the beans have begun to boil, turn down the heat put on the lid and let them simmer all day. Check on them occasionally and give the beans a big stir.

Now that you have the beans cooking, go buy the tamales and the chips and salsa. Throw in some margaritas! See my blog on the perfect margarita and you have a special festive party meal.

One more item that is nice to have for your dinner party. Add Topo Chicos, which are a wonderful mineral water bottled in Mexico and presented in a glass bottle. Now you are set!!! Have fun.

