

Black Beans
Yield: 6 – 8 Cups

Created by: Erik Youngs
Company or Team Name: VooDoo Chef



Count	Weight	Volume	Ingredient
	1 Pound		Black Beans
		8 Cups	Water
2 Each			Pepper, Green Diced
1 Each			Onion, Spanish Diced
		2/3 Cup	Oil, Olive EVO
		3 Tbs	Garlic, Minced
		4 tsp	Salt, Kosher
		1/2 tsp	Black Pepper, Table Grind
		1/4 tsp	Oregano
1 Each			Bay Leaf
1/2 Each			Lime Juice
		2 Tbs	Oil, Olive EVO for service

How to:

1. Wash the beans and soak overnight.
2. Preheat a stock pot over medium heat, add oil.
3. Sauté the peppers and onions until the onions become translucent. Add them garlic and sauté for 2-3 minutes.
4. Add the salt, pepper, oregano, bay leaf, and water.
5. Bring to a boil and then reduce to a simmer.
6. When the beans have become soft, remove from the heat.
7. Remove half of the beans and puree. Return to the pot.
8. Add the juice of 1/2 of a lime.
9. Refrigerate until needed for service.

Reheat for service. Drizzle a small amount of EVO on top of each portion.