

# Black Beans and Rice

Joanna Stockard

Local 1155 Women's Committee Cookbook, Alabama

*1 package (12 ounce) black beans*

*7 cups water*

*2 cloves garlic, minced*

*1 large onion, chopped*

*1 bell pepper, chopped*

*1/3 cup olive oil*

*ham bone (optional)*

*4 teaspoons salt*

*1 teaspoon pepper*

*3 tablespoons vinegar*

*1 teaspoon parsley flakes*

*2 bay leaves*

*chopped onion (for garnish)*

*picante salsa (for garnish)*

Soak the beans overnight.

Drain. In a saucepan, combine the beans with the garlic, onion, pepper, olive oil, salt, pepper, parsley, bay leaves and ham bone, if using. Simmer for three to four hours, until the beans are tender and thick.

Add the vinegar before serving.. Remove the bay leaves.

Garnish with chopped onion or picante salsa.

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Per Serving (excluding unknown items): 1387 Calories; 75g Fat (47.0% calories from fat); 45g Protein; 144g Carbohydrate; 34g Dietary Fiber; 0mg Cholesterol; 8594mg Sodium. Exchanges: 8 Grain(Starch); 2 1/2 Lean Meat; 3 Vegetable; 14 1/2 Fat; 0 Other Carbohydrates.