

Side Dish

Black Beans

Relish Magazine

Servings: 8

1 pound black turtle beans
1 small red onion, chopped
1 small carrot, chopped
2 whole serrano chiles OR 1 jalapeno chile (optional)
2 bay leaves
1 tablespoon ground cumin
1/4 pound bacon, chopped
4 1/4 cups reduced-sodium chicken broth
1/2 teaspoon salt
freshly ground black pepper

Rinse beans. Place beans in a large bowl or Dutch oven. Cover with water by several inches. Let soak overnight.

Place bacon, onion and carrot in a dutch oven. Cook until bacon is crisp and onion is tender. Drain beans and add to pan. Add whole, chiles, bay leaves, cumin, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer, covered, one hour. Uncover and simmer until beans are very tender, about 45 minutes. Remove and discard bay leaves and chiles.

Per Serving (excluding unknown items): 96 Calories; 7g Fat (67.4% calories from fat); 5g Protein; 3g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 365mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.