## **Simple Herbed Beans**

## Scan for interactive recipe





Serves: 6

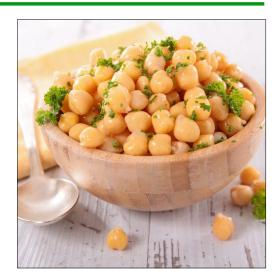
Prep: 5 minutes | Cook: 2 hours

## **INGREDIENTS**

- 1 cup of your choice of dry beans (lik navy, pinto, chickpeas, black beans, etc.)
- 3-4 cups water
- 2 teaspoons salt
- 1/2 onion, sliced
- 3 cloves garlic, minced
- 1 bay leaf
- 1 teaspoon rosemary, thyme or oregano
- 2 tablespoons olive oil
- Salt and pepper to taste

## **DIRECTIONS**

- Rinse beans in a strainer. Transfer to a pot or a bowl and cover with water. Let soak overnight, up to 24 hours.
- When ready to cook, drain beans.Transfer to a pot. Add enough water to cover beans by 2 inches.
- 3. Add salt, onion, garlic, bay leaf and your choice of herb.
- Bring to a boil. Boil for 10 minutes, then reduce heat to low. Simmer beans until soft, 45 minutes to 2 hours depending on type of bean.
- 5. Taste occasionally to test texture. Add salt and pepper to taste. After cooking, let cool for 20 minutes.
- 6. Serve with rice if desired.



Nutrition Information	
Serving Size: 1/2 cup made with black beans	
Calories	157
Total fat	1 g
Saturated Fat	0.8 g
Cholesterol	0 mg
Sodium	393 mg
Carbohydrates	22 g
Fiber	5 g
Sugars	1 g
Protein	7 g

Recipe source: naturallyella.com