

# Simple Herbed Beans



**GREATER  
CHICAGO**  
- **FOOD** -  
DEPOSITORY.

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**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

1. Rinse beans in a strainer. Transfer to a pot or a bowl and cover with water. Let soak overnight, up to 24 hours.
2. 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.
4. 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	
<i>Serving Size: 1/2 cup made with black beans</i>	
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