

## Cuban Black Beans

Here's a crockpot recipe that allows you freedom while cooking up a pot of stupendous beans!

- 1 1/2 C dry black beans
- 6 C water for beans
- 1 lg onion, chopped
- 3 cloves of garlic, pressed
- 1 Tbsp olive oil
- 1-2 Tbsp water for onions and garlic
- 3 bay leaves
- 1/2 -3/4 tsp salt
- 2 tsp onion powder
- 3/4 tsp cumin
- 1-2 Tbsp lemon juice

Place black beans and 6 cups of water in crockpot. Cook in crockpot on high for 8 hours, add more water towards end of cooking time if beans become too dry. After 8 hours of cooking, saute onions and garlic in oil and water until onions are transparent. Add onions and garlic with other seasonings to beans and cook on low for one more hour to blend flavors. Add lemon juice to beans after they are done cooking. Remove bay leaves before serving. Serve over brown rice.

**Servings:** 4-6