

BRAZILIAN STYLE BLACK BEANS



INGREDIENTS

1 pound dried black beans
4 bacon slices, diced
1 medium onion, peeled and diced
1 pound assorted smoked pork meats
5 cloves garlic, minced
4 cups vegetable broth
1 Tbsp salt
½ tsp black pepper
Cooked rice for serving

DIRECTIONS

1. Place beans in strainer, pick out any shriveled beans and rinse clean.
2. In skillet (or in pressure cooking, if using), sauté bacon until crisp.
3. Then, add diced onion and cook for 3 minutes.
4. Add garlic and smoked meats, cooking for 30 seconds.
5. Add beans, broth, salt and pepper to slow cooker with bacon and onion mixture (or add to pressure cooker).
6. Cook for four to six hours, or on high pressure for 40 minutes with natural release.
7. If desired, lightly smash some of the beans to thicken the texture.