

SPICY MEXICAN BLACK BEANS

<http://andreasrecipes.com/2011/02/21/spicy-mexican-black-beans/>

Serves 8.

EQUIPMENT

pressure cooker, or 6-quart pot with lid and heavy bottom

INGREDIENTS

16 ounces (454 g) black beans, rinsed and picked through
1 medium onion, chopped
4 cloves garlic, minced
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon chipotle powder, or less to taste
2 teaspoons Mexican oregano, crushed
8 ounces (227 g) tomato sauce
2 quarts/liters water
4 tablespoons sunflower oil (per pressure cooker directions, may vary with your equipment)
2 teaspoons salt

PREPARATION

1. Add the cleaned beans, onion, garlic, chili powder, cumin, chipotle powder, and crushed oregano to the pressure cooker. Stir in the tomato sauce, water, and sunflower oil.
2. Cover with the lid and cook according to your manufacturers directions. After the pressure releases, add the salt and simmer for 2 to 3 more minutes, then serve.

VARIATIONS

Stove preparation: Soak the clean beans in water overnight. Drain well, then add to a 6-quart pot with the onion, garlic, chili powder, cumin, chipotle powder, crushed oregano, tomato sauce, and water. Cover and bring to a boil, then reduce heat to medium and continue cooking until the beans are tender, about 1 hour.