

# chattavore

## BLACK BEANS & RICE

Prep time: 20 minutes

Cook time: 50 minutes

Serves 6

- 1 lb black beans (picked through and rinsed)
  - 3 tablespoons salt
  - 2 bell peppers (any color)
  - 1 onion
  - 3 cloves garlic
  - 2 bay leaves
  - 3 cups chicken stock (homemade or low-sodium store-bought)
  - 2 tablespoons olive oil
  - 4 oz bacon (sliced)
  - 1 1/2 cup long-grain white rice (rinsed in a colander until the water runs clear)
  - 1 avocado (optional)
  - 2 scallions-sliced (optional)
  - 1 lime (cut into 8 wedges)
1. Soak the beans overnight in 4 quarts of cold water with 3 tablespoons salt. Drain and rinse; place in Crock-Pot along with 1/2 of a pepper, 1/2 of the onion, and the bay leaves. Cover with three cups of water and the chicken stock. Cook for eight hours.
  2. Remove three cups of the beans and freeze or reserve for another use. Remove 2 1/2 cups of the cooking liquid and set aside. Discard of the pepper, onion, and bay leaves and drain the remaining beans; set aside until ready to use.
  3. Cook the bacon in a small pot (I used a 4-quart dutch oven) in the olive oil over medium heat until most of the fat is rendered out. Chop the remaining peppers and onion and cook 5-10 minutes or until softened. Add the garlic during the last 30 seconds of cooking.
  4. Add the rice to the bacon and vegetables and saute for about a minute, then add the reserved bean cooking liquid. Bring to a boil and reduce heat to low or medium-low and cover. Cook until water is completely absorbed, about 30 minutes. Stir in reserved black beans and salt/pepper to taste.
  5. Serve topped with avocado, sliced scallions, and lime wedges.

### Notes

Cook time does not include time to cook the beans in the slow cooker.