

Crock Pot Spicy Black Beans



Ingredients:

1 pound dried black beans (rinsed and picked over carefully for little rocks)

or 2 cans of black beans

1 onion

2 – 4 jalapenos or 1 green bell pepper

2 – 3 cloves garlic

1 can of diced tomatoes

dried cumin, ½ teaspoon*

cayenne pepper, pinch*

chili powder, ½ teaspoon*

* can adjust amounts of spiced depending on your individual taste

Place the dried beans in the bottom of the slow cooker and cover with water or place canned beans in bottom of cooker.

Thinly slice the onion and garlic cloves

Cut the peppers into small pieces.

Place the peppers, onions and garlic on top of the black beans. Choose your cooking time and heat level:

1. Cook on high for 2 hours, then turn to low and cook for another 16 – 20 hours.
Add more water as needed.
2. Cook on low for 7 hours.