



OR ANY BEANS



I learned this technique from the yiyias from the island of Paros (Greece). Traditionally used with chickpeas, I have applied to many different types of beans with the same results. Cooking beans in the oven makes them meltingly tender and flavorful. It cooks them evenly, until they are soft but not falling apart and the oven imparts a yummy caramelization you can't get from stovetop cooking. One of the best parts of this recipe is it takes about ten minutes to prep and then you can essentially forget about them in the oven. Black beans are great because they taste great and take on a beautiful deep purple color. A thick sauce made out of the onions that have disintegrated from the long cooking time and the lime juice at the end gives a fresh tang. I serve them with white rice and roasted vegetables, and use leftovers for simple black bean tacos. They are a delicious platform for any flavor spin you'd want to put on them while cooking. (Cumin? Jalapenos? Garlic?) and a great base for any topping. (Feta? Sour cream? Salsa?)

INGREDIENTS

*Preheat the oven to 350!*



1 lb black beans soaked overnight



1 large white onion coarsely chopped



sea salt



Olive oil

Juice of 2 fresh limes



Drain the beans and place them in an oven safe ceramic dish with a lid. (I've also made this in a pot covered with tinfoil so don't worry – whatever you have will work.)

Add enough water so they are covered by 2 inches. Add the onion, a large pinch of salt, a big drizzle of olive oil and cover the pot.

Place in the oven and check on it after 2 hours just to make sure the beans have enough water. If they don't add just enough to cover them. Cook for another hour until the beans are very tender. Add lime juice, more olive oil and salt to taste. Serve!



10' prep

3h in the oven

BEANS

