

Caribbean Spiced Black Beans

Description:

Yield: 15 KG

Categories: Beans

| Cost Per Kilo | |
|---------------|------|
| \$ | 1.38 |

| | | |
|---------------|-------------|-----------------|
| <u>Action</u> | <u>Date</u> | <u>Initials</u> |
| Created | 8/1/2012 | CR |
| Revised | | |

| Amount | Measure | Ingredient | Preparation Method | Product No. |
|--------|---------|-------------------|--------------------|--------------|
| 4.500 | kg | Dried black beans | soaked | 20-100001163 |
| 12.000 | lt | Chicken stock | see recipe | |
| 0.070 | kg | Oregano | chopped | 20-100001293 |
| 0.030 | kg | Sage leaves | chopped | 20-100000880 |
| 0.500 | lt | Olive oil | | 20-100001607 |
| 2.000 | kg | Onions, yellow | peeled, chopped | 20-100000835 |
| 2.500 | kg | Red bell pepper | chopped | 20-100000841 |
| 0.200 | kg | Garlic cloves | chopped | 20-100000869 |
| 0.150 | kg | Chilis | minced | 20-100001276 |
| 0.025 | kg | Dried cumin | | 20-100001282 |
| 1.000 | lt | Orange juice | | 20-100001386 |
| 0.300 | lt | Limes | juiced, zested | 20-100001385 |
| 0.080 | kg | Cilantro | for garnish | 20-100000883 |
| 0.1 | kg | Salt | | 20-100001323 |
| 0.025 | kg | Pepper | | 20-100001295 |

Method of Preparation:

- Put the beans on to cook with the chicken stock, oregano and sage and bay leaves
- Bring the beans to a boil and reduce heat to a simmer. Cook until the beans are soft, but not quite done, about 1 hour
- In a separate pot sauté the onions and peppers in olive oil until soft. Add chilies, cumin, and garlic. Sauté until spices are fragrant. Add to the beans
- Add the orange and lime juices to the beans
- Season to taste and finish with chopped fresh cilantro
- **Note:** Add the chilies according to what you are using and how hot they are