

Easy Crock-Pot Bean Stew

Serves six

1-pound (500 grams) dry beans (any type you want)

½ a white onion – halved

4 garlic cloves – peeled and smashed

a few sprigs of fresh cilantro

12 oz. salsa of your choice

4 cups of water

Salt & Pepper

Optional -- tomato topping, crumbled fresh cheese and/or a dollop of sour cream

Wash the beans well and place them in a bowl. Fill the bowl with water and soak the beans overnight.

The next day – drain the rinse the beans and place them in the crockpot. Top the beans with the onion, garlic and cilantro. Add the water and salsa and mix. Add salt and pepper and mix again.

Cover the crock-pot and turn it on high. Cook the beans for six hours.

After six hours – remove the large pieces of onion and garlic and mix the beans. Taste for salt and adjust if necessary.

Ladle the beans into a bowl and top with the tomato topping (recipe below). Add the cheese and sour cream if you are using. You can also serve this with rice. Enjoy!

FOR THE TOPPING:

2 medium tomatoes – chopped

1 large scallion – completely chopped

Chopped cilantro

½ a large lime – juiced

Salt

Mix the tomatoes with the scallion and cilantro. Add the lime and salt to taste. Mix.