



Fried Mexican Black Beans

Serves eight as a side

2 cups dried black beans – soaked overnight
4 TBS of bacon grease or lard
1 small white onion – chopped
1/2 small onion – minced
1 large garlic clove – minced
Salt

Place the soaked beans in a pot and add 2 TBS of the fat, the chopped onion and salt. Cook until beans are tender – about one hour.

Heat a large skillet with the remaining fat. Add the minced onions and cook for 6 to 7 minutes until it starts to brown. Add the garlic clove and cook for about 2 minutes – until you can smell it.

Add 1/3rd of your cooked beans with the liquid and start mashing them. Once they are mashed add another third. Repeat and add the final third. Stir the beans constantly as they simmer. Don't worry that they are too soupy as they will thicken as they simmer and then as they cool down.

Turn off the heat when you have the desired consistency. If your beans are too thick you can thin them down with a little bit of water.

Serve as a side or as a dip.

CALORIES 237.17; FAT 7.11 grs (sat 2.68; mono 2.94; poly 1.00); PROTEIN 10.59 grs ; FIBER 7.79 grs; CARBS 33.89 grs; CHOLESTEROL 6.08 mg; IRON 2.51 mg; SODIUM 303.37 mg; CALCIUM 75.96 mg