



## Easy Versatile Cool Beans

Around the time I started at Lenox Hill, I joined a Bean Club (yes, they exist) and we now receive 6-7 pounds of beautiful heirloom dried beans from the US and Mexico every quarter. Cooking dried beans can seem intimidating but really just requires time and patience and very little attention and the results are absolutely delicious. They are easy to refrigerate or freeze and turn into soups, salads, tacos and a host of other dinners. Plus, while working from home, they make the whole house smell amazing even when you aren't actually watching the stove!

Makes 6-8 servings

### **Ingredients:**

1-pound dried black or pinto beans or any dark beans of your choice

8 cups water

2-3 bay leaves

½ a large onion, cut in 2 or 4

3-4 cloves garlic peeled

1 sprig of epazote leaf (optional)

1 serrano pepper (or per taste)

1 teaspoon oil

Salt to taste

THE  
**TEACHING**  
**KITCHEN**

AT LENOX HILL NEIGHBORHOOD HOUSE

**Directions**

1. Rinse the beans a couple of times and soak with plenty of water for 4-5 hours or overnight.
2. Place the beans in a large stockpot with the onion and garlic and bay leaves. Add the water and oil. Bring to a boil on high heat and then turn the heat down and let simmer.
3. Add salt an hour into the cooking and continue simmering. Cooking time will depend on the type and freshness of the beans, from 1 ½ hours up to 3 hours.
4. When the beans look near done, add the Epazote sprig and the Serrano pepper(s) with a small slit in the center to keep them from bursting.
5. Keep cooking until the beans are soft. Mash a small amount of the cooked beans and return them to the pot for a thicker broth.
6. Enjoy a warm cup of beans garnished with onions, cilantro and crema. Stuff them in quesadillas with sautéed mushrooms or meat. You could cook them with less water and use them in salads. Or just eat them with a freshly steamed bowl of rice.