

SEABRA'S

MARKET

SOPA DE FEIJÃO

BLACK BEAN SOUP

SERVES: 8

PREP TIME: 15 min

COOK TIME: 4 hr 30 min

INGREDIENTS

- 2 cups of black beans
- ½ onion, cut in half
- 2 garlic cloves, peeled and whole
- 6 to 7 cups of water
- 2 teaspoons of salt



DIRECTIONS

- Place the beans in a bowl, and remove any impurity as dirt and stones.
- Wash the beans and soak them in purified water for one hour, but preferably over night.
- Strain the beans and add them in the slow cooker, along with the onion, garlic and salt.
- Add 6 cups of water (or 7 if needed), making sure that the water covers the beans at least 2 inches.
- Turn the slow cooker on HIGH and cook the beans for about 4 hours.
If you are cooking it in LOW, do it for 8 hours.
- After the selected time, try the beans and if you want them softer, cook for 30 additional minutes.
- Serve immediately.

FOR A PINCH OF *Seabra's* FLAVOR...

Serve with a dollop of sour cream, sliced avocado, and cilantro.