

Garlicky Black Beans 6 cups (12 servings)

2 cups dried black beans

6 cups water

2 cloves garlic, peeled and minced

3-inch piece of kombu, soaked for 5 minutes in cold water

1 tsp Celtic sea salt

- In a large bowl, soak beans in double the volume of water (2 cups beans uses 4 cups water). Let stand for 8 hours. You could do this before going to bed and let them soak overnight. Alternatively, you can bring the water to a boil, add beans, turn off the heat, cover, and soak for only 2 hours. Drain and rinse.
- Place beans, fresh water, garlic, and kombu in a pot. Bring to a boil. Lower heat and let simmer, covered, until beans are tender, 55–60 minutes.
- A well-cooked bean can be mashed easily on the roof of your mouth with your tongue. Add water during cooking if needed. Salt to taste.

*Kombu is a seaweed that contains glutamic acid which acts as a natural bean tenderizer. It also adds vitamins and minerals to any dish and helps prevent flatulence.