



Soup or Bowl **Black Beans**

1	pound	dried black beans
1	large	OSO Sweet Onion chopped (sautéed until rich-golden brown)
1/2	cup	garlic chopped
1/2	cup	tomatoes chopped
To	cover	water or chicken stock
1/2	pound	smoked ham hock (or similar)
3	tablespoons	oregano
1/4	cup	sherry
1	tablespoon	vinegar
1/4	cup	olive oil
s & p		to taste
3		bay leaves

Rinse the beans and combine all ingredients and add into a crock pot or a large heavy bottomed pot, bring to a boil and then the lowest setting possible (simmer) for 8 hours or overnight. **Quick recipe:** Use 2 (32) oz sized cans of cooked black beans instead of dried black beans and simmer for 45 minutes. It's *Oh So Hearty!*

Puree 1 cup beans for a thicker meal and serve with fresh chopped raw OSO sweet onions. A little hot sauce won't hurt either.