

SLOW-COOKED VAQUERO BEANS WITH ONION, GARLIC, AND OREGANO

Adapted from the Rancho Gordo newsletter

Ingredients:

1 c. (= 1/2 lb. or 1/2 bag) Rancho Gordo vaquero beans (or any other dried beans) - picked over and rinsed

1/2 yellow or white onion, diced

2 cloves garlic, pressed

1 tsp. oregano

optional: 3-4" piece kombu kelp

water to cover

1/2 tsp. smoked salt (or regular if you haven't got smoked)

Equipment: 1 1/2 qt. slow cooker (best if it has a removable crock for easy washing-up later)

In 1 - 1/2 qt. slow cooker, add beans, onion, garlic, oregano, and kombu kelp (if using) to slow cooker. Add water to cover, up to 1/2 " from top of cooker. Cover and cook for 4-5 hours on High, stirring once halfway through. Taste 4-5 beans to be sure they are cooked through (but not overcooked and mushy) - you have to taste a few because beans cook at different rates and you don't want to taste just one that was an overachiever. Cook longer if needed. Stir in salt when done cooking. Enjoy!

Original post: <http://radishrose.net/2014/06/23/slow-cooked-vaquero-beans-with-onion-garlic-and-oregano/>

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