

Black or Anasazi Beans and Rice

Submitted by Ann Zakreski

Ingredients:

1 lb dried Black or Anasazi beans
One onion chopped
Minced garlic
Olive Oil
Braggs Liquid Aminos
Black pepper

Directions:

Rinse beans and pick through for small stones. Soak overnight. In the morning, rinse beans once again and cover with fresh water. Bring to a boil and cook until beans are tender adding more water if necessary. I add a piece of kombu (seaweed) to the cooking water to reduce the amount of gas beans give a lot of people. Once beans are done, put onions and garlic in a medium saucepan with a touch of olive oil and cook until translucent, add two cups of beans, a squeeze of Braggs and pepper to taste. If you want to make without oil, use Braggs and some of the liquid from the beans to sauté the onion and garlic. Serve over brown rice with a salad.

Use remaining beans for burritos instead of meat. Add avocado, lettuce, tomatoes and salsa or whatever else you like on burritos.

Note:

Anasazi beans, Braggs liquid aminos and kombu are found in health food stores. I recently bought the Braggs in Kroger.

*“Fasting is an ordinance of the Church, obliging the Christian to observe it on specific days. Concerning fasting, our Savior teaches: “When thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father Who is in secret: and thy Father, Who seeth in secret, shall reward thee openly.” From what the Savior teaches we learn (a) that fasting is pleasing to God, and (b) that he who fasts for the uplifting of his mind and heart towards God shall be rewarded by God, Who is a most liberal bestower of Divine gifts, for his devotion. In the New Testament fasting is recommended as a means of preparing the mind and the heart for divine worship, for long prayer, for rising from the earthly, and for spiritualization”
St Nectarios*