Puerto Rican Style Beans - (one of many)

Note: This is a family recipe from a close friend of my parents, Lucy.

Ingredients:

1. 1 cup of homemade sofrito (see recipe below)
2. 2 cups of dry pinto or black beans, soaked overnight and drained
3. 8 ounce can of tomato sauce
4. 2 tbsp. olive oil
5. 1 ½ - 2 tsp. sea salt or to taste

Directions:

1. Put drained beans in large pot (5-6 quart) on stove or Instant Pot
2. Add rest of ingredients.
3. Bringing to boil over medium high heat, cover and simmer for 1 ½ to 2 hours or until beans are tender and sauce is thickened. For Instant pot, cook on manual, high, with vent closed for 40 minutes for pintos or 60 minutes for black beans. Allow pressure to come down naturally.

Sofreto

Ingredients:

- 1 green or red pepper
- 1 yellow onion
- ½ bunch cilantro, stems removed (I just cut the long stems past the leaves)
- 6-7 cloves of garlic, peeled

Directions:

1. Put all ingredients in blender and blend until liquid (looks like a green slurry).
2. Pour into 1 cup size container. This makes about 2 cups.
3. Use immediately or freeze for a later date.