

## **Beans for Rice and Beans – Grandma**

2 lb Goya red kidney beans  
1 6-oz can tomato paste  
1 8-oz can tomato sauce  
1 large or 2 medium onions, chopped  
6 avg cloves garlic, minced  
1/8 red bell pepper (piece ~ 2"x2"), minced

Sort beans to remove rocks and rotten beans. Rinse 3 times

Soak in warm water at least 1 hour or overnight. Drain.

Sort again, removing small wrinkled and large tightly-wrinkled ones.

Return to pot. Add water to make about 6 quarts total. Add 1 Tbl of the tomato paste and 1 Tbl of oil.

Bring to a boil, stirring gently occasionally to prevent burning on the bottom. Boil 1½ hours (until they begin to soften). Remove from heat.

Saute onion and pepper together in about ½ cup oil over med-high heat. When onions are clear, add garlic. Saute on high until onions are carmelized and begin to brown. Add remaining tomato paste and continue to sauté over medium heat about 2 min. Add tomato sauce and continue stirring over medium heat. Add about 12 oz water. Bring to a boil.

Add spices to beans.  
Add 1 Tablespoon salt.  
Bring to a boil.  
Add 2 dashes pepper

Taste for salt. Add as needed. Reduce heat to a simmer. Cover and simmer about 1 hour, stirring gently occasionally.