

Black Beans and Rice

1- $\frac{1}{4}$ cup dried black beans	$\frac{1}{4}$ tsp tabasco sauce
1 large onion, minced	1 bay leaf
2 cloves garlic	1 tsp salt
1 red bell pepper, chopped	$\frac{1}{4}$ cup vegetable oil
1 jalapeño, chopped	$\frac{1}{4}$ lb chopped ham
1 carrot, sliced	4 cups hot cooked rice
2 whole cloves	

Rinse the beans and place in a 3-quart saucepan or Dutch oven. Cover with one quart of water and let stand overnight. Do not drain. Add the onion (reserving 2 tbsp for the ham), garlic, peppers, carrot, cloves, tabasco, bay leaf, and salt. Bring to a boil and then simmer about an hour, until beans are tender.

Heat the oil in a skillet. Add the reserved onion and chopped ham and sauté until lightly browned. Serve beans over rice and garnish with ham.

Adapted from the *Southern Living Vegetables Cookbook* (1972).