

Black Bean with Peppers and Cumin Vinaigrette

Contributed by
Sunday, 04 May 2008

1¼ cup dried black beans, soaked overnight

4 cups water

1 bay leaf

½ tsp. salt

1 Tbsp. red wine vinegar

1 clove garlic, minced

¼ tsp. cumin

1 tsp. hot pepper sauce

1 Tbsp. chopped cilantro

2 Tbsp. vegetable oil

½ red pepper, diced

½ yellow pepper, diced

½ green pepper, diced

1 red onion, diced

4 scallions, thinly sliced

Drain beans and rinse well. Put in a large pot with water and bay leaf. Bring to a boil and simmer for 1 to 1½ hours. Drain.

Combine salt, vinegar, garlic, cumin, hot pepper sauce, cilantro and oil in a small bowl. Pour over warm beans. Toss well. Add remaining ingredients. Toss gently, garnish with fresh cilantro and serve at room temperature.