

BLACK BEANS & HAM HOCKS

1. 1 bell pepper
2. 1 onion
3. 1 clove garlic
4. 1 tsp. cumin or to taste
5. 1 tsp. pepper (black)
6. Salt to taste
7. 2 ham hocks
8. 1 bay leaf
9. Hot sauce to taste
10. 2 tbsp. butter
11. 1 lb. black beans

Instructions

1. Let beans soak overnight.
2. Chop bell pepper, onion, and garlic.
3. Fry lightly with ham hocks, bay leaf and butter until it looks yummy.
4. Combine pan mixture with beans in same juice.
5. Add hot sauce to taste.
6. Cook on low 4-5 hours or until mushy.
7. Serve over rice with green onions.