

Black Beans with Roasted Garlic, Onions & Red Bell Peppers

1 lb. black beans	1 tablespoon ground cumin
2 garlic bulbs, unpeeled	2 teaspoons chili powder
¼ cup olive oil	1 teaspoon chipotle chilies in adobo, optional (found in the Mexican section of your market)*
2 red bell peppers, roasted, peeled seeded and chopped	1 teaspoon Kosher or sea salt
1-15 oz. can diced tomatoes	1 bay leaf
2 medium, yellow onions, peeled and sliced ¼ inch thick	1 cup Louis Martini cabernet sauvignon
1 tablespoon fresh oregano, finely chopped	

Soak the black beans overnight in cold water. Drain and rinse. Remove any discolored beans. Place the beans in a large pot, and cover with two inches of water. Bring to a boil and skim off any foam. Reduce heat to a low boil and continue to cook for a half an hour.

While the beans are cooking, preheat oven to 350 degrees. Cut the top papery stem off the garlic (about ½ inch) so that the top of the garlic cloves is exposed. Place garlic bulbs on a sheet pan and bake for 45 minutes. Remove garlic from the oven and allow to cool slightly. Squeeze the soft garlic cloves from the papery shell into a Bowl. Set aside.

Heat olive oil in a 12-inch sauté pan, add the sliced onions, and sauté for 20 minutes until they are soft and golden. While the onions are cooking, roast the peppers directly over a gas burner turned on high, until skin is charred. Place peppers in a paper bag and steam for about 5 minutes. Remove the peppers and scrape off the charred skin. Remove the stem, cut the peppers in half and remove seeds. If you have an electric stove, cut the peppers in half lengthwise, stem and seed them first, then place them flesh side down on a baking sheet and broil four inches from the broiler unit. Broil until charred, place in a paper bag to steam, then scrape off the charred skin and chop.

Put the roasted garlic, onions, bell peppers, tomatoes and the rest of the ingredients into the pot of beans. Continue cooking until the beans are tender. This will take about an hour. Ladle into individual soup bowls and serve with sour cream and fresh, chopped cilantro.

*Chipotles in adobo give the beans a smoky and hot flavor.

Suggested wine pairing: Gnarly Vine Zinfandel