



Product Data Sheet

July 2020

Raw, Dry, Black Beans **USA Grown Organic**



Directions: Sort and rinse the beans to be used. Reclose the Ziplok and Store in cool, dry place. Soak the beans in excess water, preferably overnight. Cook the soaked beans, covered, in 2-3X water with any seasoning you like, included, for about 90 min or till the beans are tender to your liking. A touch of baking soda added will help a lot with cooking time, pressure cooking with 4X water will also be fast. Add water as needed while the beans are cooking so there is always plenty of free water. Use these cooked, rinsed beans in any recipe of your choice, or try the following:



Dominican Black Beans: In a heavy sauce pan with 2 Tbsp olive oil, saute 1 med chopped onion with 2 Jalapeno peppers, 1 diced tomato, 1 stalk chopped celery, 6 mashed garlic cloves, 1 tsp cumin powder, 1/2 tsp oregano, 1/2 tsp black pepper, salt to taste. Add 1 cup water, 2 cups cooked black beans, 1 Tbsp corn meal, bring to boil, cover and simmer on low heat for 30-45 min, adding water as needed. Serve with JYOTI Basmati rice or tortillas.

Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
		Total Fat 0g	0%	Total Carb. 18g
	Sat. Fat 0g	0%	Fiber 4g	16%
	<i>Trans</i> Fat 0g		Total Sugars <1g	
32 servings per container	Cholest. 0mg	0%	Incl. 0g Added Sugars	0%
Serv. Size 1 oz (28g)	Sodium 0mg	0%	Protein 6g	
Calories 100 per serving	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.4mg 8% Potassium 420mg 8%			

Ingredients: Dark Organic Black Beans



**Grown and Packed
in the USA**

