

## UN-FRIED BEANS

**Time: 10 minutes (plus 8 hours slow cooker time)**

**Serves: 8**

### **Ingredients:**

400g dried black beans  
1 large yellow onion - small dice  
4 cloves garlic - finely chopped or grated  
12g kosher salt  
1g ground cumin  
0.5g ground cayenne pepper  
1.3l water

### **Preparation:**

Combine all ingredients in a slow cooker and cook on high for eight hours.

Turn off cooker and crush beans with a potato masher for a coarse texture or use a stick blender for a smooth texture.

Serve immediately or reheat.

### **Nutritional Information Per Serving:**

Calories: 178  
Fat: 0.5g  
Carbs: 34g  
Fibre: 13g  
Protein: 11g