

# Ephraim Style Beans

By: Sis Adiva

## Ingredients:

2- tablespoon or more canola oil  
1 Tablespoon cilantro or parsley finely chopped  
1 medium onion chopped  
½- 1 small jalapeno pepper , seeded and minced  
2-3 teaspoon minced garlic  
1 teaspoon smoked paprika  
1- teaspoon cumin  
1 bay leaf  
1 medium bell pepper chopped  
¼-½ teaspoon cayenne pepper  
¼ cup tomato sauce  
4 cups cooked small red beans or 2-3 15oz. cans rinse and drained  
2 cups broth or more (chicken or vegetarian)  
1 medium or large Potatoes chopped  
1- packet Goya Sazon seasoning (any one)  
Fresh cilantro/parsley leaves For garnishing (optional)

## Instructions

1. Heat the olive / canola oil over medium heat in a large saucepan. Add the onions, garlic, cumin, jalapenos, cilantro, paprika, bell pepper and bay leaf sauté, stirring occasionally, until onions are soft and translucent, about 5-7. Do not brown.
2. Add the beans, chicken broth, potatoes, tomatoes, sazón, and salt and bring to a boil.
3. Reduce the heat, cover and simmer gently for about 15-20 minutes or more until potatoes is tender.
4. Adjust seasonings and thickness beans according to preference with broth and spices  
Remove and serve warm with rice and or tostones

