

Slow Cooker Beans

Yield Makes 1 quart / *Prep & cook time* Several inactive hours

8 ounces (1 cup) dried beans, soaked for 8 to 12 hours in plenty of water

Salt

2 tablespoons olive oil

½ white or yellow onion

5 garlic cloves, unpeeled

2 bay leaves

1. Drain the beans of their soaking water, then add to the bowl of a slow cooker or instant pot. Cover with fresh water by about ½ inch. Add the olive oil, onion, garlic, bay leaves, and about 2 teaspoons salt (or to taste). Insert into your machine and set to slow cook for 4 hours.

2. The timing will vary a lot based on what type of bean you're cooking, but try to check the doneness at 3 hours, and then continue cooking as needed until several sample beans are tender, adding additional cooking time as needed. Allow to cool, then pick out the onion, garlic, and bay leaves (all delicious!) and store the beans in their broth in airtight containers for up to 5 days in the refrigerator.