

White Beans with Garlic and Sage

Makes about 6 cups beans

2 cups dried Cannellini beans

1 garlic clove, top cut off

A handful of fresh sage (rosemary would also be delicious)

1 tablespoon olive oil

1 hot red chili pepper (optional)

Salt, to taste

Freshly ground black pepper, to taste

Pick over the beans for pebbles and then soak them using the overnight or quick soak method (see post for a detailed description of both of these methods).

Add the soaked beans to a large pot and cover with about 2-inches of water.

Add the garlic, sage, olive oil, and hot red chili pepper if using. Bring the water to a gentle boil. Reduce the heat to a simmer and cover the beans.

Cook the beans for approximately 2 hours or until they are soft. Season to taste with salt and pepper. Use the prepared beans in any recipe that calls for canned beans or freeze them for later use.

This recipe came from Minced at www.minced.wordpress.com.