



“Sos Pwa Nwa” Haitian Black Bean Sauce

Ingredients:

1 lb. pkg of Black Beans (2 cups)	1 Maggie Chicken Boullion Cube
3 - 5 Garlic Cloves	5 - 7 Cloves
3 tbsps. Epis	2 sprigs of Thyme
1 diced Onion	4 tbsps. Vegetable Oil
4 tbsps. Butter	½ tsp. Goya Adobo
½ tsp. Seasoning Salt	½ tsp. Garlic Powder
Water	Salt to Taste

Directions:

1. Pour beans into a large pot and sift through to remove any debris such as rocks. Add water and rub beans with your hand to wash off any dust then drain. Repeat process a few times until the water runs fairly clear.
2. To the cleaned beans, add 3 - 5 garlic cloves, a couple sprigs of thyme, 1 Maggie chicken bouillon cube, 5 - 7 cloves, 3 tbsps. epis, and 2 quarts of water.
3. Turn heat to high and bring water up to a roaring boil. Once it has begun to boil, stir the contents then place the lid on the pot. Bring the heat down to a medium and let it continue to cook covered for about an hour and a half or until beans are soft and tender. At the end of cooking time, the water level should be just about the same with the beans. If the water does happen to dry out and the beans are still not tender, add more water and continue to boil until beans are tender.
4. Once beans are cooked, transfer contents to a large bowl. Remove the twigs of thyme and discard. Place about half of the beans, including the garlic cloves into a blender. Be sure to add some of the liquid to help blend the beans properly. It will be very thick.
5. Return the pot to the stove and add 4 tbsps. of vegetable oil and 1 diced onion. Saute on medium heat until translucent (about 3 - 5 minutes).
6. Add the unblended beans to the pot along with 1/2 tsp. Adobo, 1/2 tsp. garlic powder, 1/2 tsp. seasoning salt, and 4 tbsps. of butter. Continuing on medium heat, mix contents well until everything is fully incorporated and it has come up to a simmer (about 3 - 5 minutes).
7. Add the blended beans (which will be thick) along with an additional 2 cups of water to thin it out. Depending on your preference for the consistency of the sauce, you may add more water if desired. Keep in mind that it will still slightly thicken when it sits over time.
8. Sample the "sos pwa" and add salt to taste if desired. Simmer on medium for about 5 - 10 minutes or until sauce reaches desired consistency. Serve on white rice with your favorite meat stew or alone.