“Sos Pwa (Quick Version)”
Haitian Bean Sauce

Ingredients:

1 can (30 oz.) **OR** 2 cans (15 oz.) beans of your choice
2 – 3 Garlic Cloves
3 Cloves (Jirof)
½ tsp. Seasoned Salt
½ tsp. Goya Adobo
2 tbsps. Butter
2 tbsps. Vegetable Oil
2 tbsp. Epis
Water

Directions:

1. Drain the can of beans and reserve the liquid. Place about 1/3 cup of beans into a blender along with 2 – 3 garlic cloves, 3 cloves, and the reserved liquid. Blend on high until smooth.

2. In a sauce pan on medium heat, add 2 tbsps. of vegetable oil, 2 tbsps. of epis and the remaining unblended beans. Add ½ tsp. seasoned salt, ½ tsp. adobo, stir contents to mix thoroughly and sauté for about 2 – 4 minutes. Stir frequently to keep beans from sticking to the bottom of the pot.

3. Add the blended beans and stir. Fill the empty 30 oz. can with water and add to the sauce pan (if using 2 of the 15 oz. cans, then fill one of them twice). Stir to combine all the ingredients and continue to cook on medium heat for about 15 – 20 minutes. Be sure to stir occasionally.

4. Add 2 tbsps. of butter and stir until it melts and fully incorporates. Sample Sos Pwa and add salt to taste if desired. Cook for an additional 5 – 10 minutes (stirring occasionally) on medium heat or until sos pwa reduces to desired consistency.