

# Slow Cooker Beef and Beans

## Ingredients:

1 pound dry white beans, such as navy beans  
2 teaspoons salt  
1 teaspoon (freshly ground) black pepper  
1 teaspoon dried rosemary or 2 3-inch stems  
fresh rosemary, or to taste  
3 pounds (or so) beef brisket or chuck roast



## Cooking Instructions:

Rinse the beans well. If you have time, put them in a bowl with lots of water and let them stand overnight.

Drain beans and put them in a 3- or 4-quart slow cooker (or start with unsoaked beans) along with 1 teaspoon salt and ½ teaspoon pepper and the rosemary. Add enough water (or beef broth or chicken broth) to cover the beans by 2 inches (about 3 cups) and turn heat to high.

Trim beef of any obvious fat and sprinkle beef with remaining salt and pepper. Put the meat in the cooker (cut it in pieces if necessary) Cover pot and cook on high 8 hours or so, until beef and beans are tender.

These cuts of meat tend to be fatty, so if you have the time, refrigerate the beans and allow the fat to harden so you can lift it off. Heat beans and slice, chunk or shred beef to serve on top or to the side.

Serves 6 to 8.

**A delicious addition:** Peel and slice 3 medium onions into ¼- inch slices. Cook them in a little oil (or beef fat) in a heavy skillet until they are very brown, 30 minutes or so. You can start with high heat at first and reduce heat as the onions lose water. Add them to the beef pot as it cooks or serve them atop the beef and beans

--Sarah Fritschner, Kentucky Food Writer