

Slow Cook Black Beans and Ham

By Nina Lynn



Ingredients:

- 4 cups dry organic black beans
- 1 cup diced organic ham
- 3/4 cup minced organic onion
- 2 cloves organic garlic minced
- 1 quart fresh diced organic tomatoes
- 3 bay leaves
- 1 tsp. cumin
- 1 tbs. organic maple syrup

Directions:

Cover black beans with water and soak overnight. Drain beans and pour them into a slow cooker. Add remaining ingredients. Stir well, cover with water, and cook on low setting for 10 to 12 hours.

Why This Recipe Is Healthy:

Black beans are a very good source of cholesterol-lowering fiber, as are most other legumes. In addition to lowering cholesterol, black beans' high fiber content prevents blood sugar levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia.

Black beans are an excellent source of the trace mineral, molybdenum, an integral component of the enzyme *sulfite oxidase*, which is responsible for detoxifying sulfites. Sulfites are a type of preservative commonly added to prepared foods like delicatessen salads and salad bars. Persons who are sensitive to sulfites in these foods may experience rapid heartbeat, headache or disorientation if sulfites are unwittingly consumed. If you have ever reacted to sulfites, it may be because your molybdenum stores are insufficient to detoxify them. A cup of black beans will give you 172.0% of the daily value for this helpful trace mineral.

Ham is an excellent protein source that also offers B vitamins and the minerals zinc, potassium, magnesium and iron.