

Portugese Beans - Luiz Family Recipe

Ingredients:

Pink Beans	1#	2#	3#
Ground beef or turkey	1#	2#	2 1/2 #
Linguica - Hot	1 stick	2 sticks	4 sticks
Onions - chopped	2	4	5
Garlic	5 cloves	10 cloves	15 cloves
Tomato sauce (15 oz)	1/2 can	1 can	2 cans
Tomato paste (6 oz)	1 Tblsp	3/4 can	1 can

Spices: (MUST BE FRESH Spices. Date your spices, it helps.)

Allspice	1/2 tsp	1 tsp	1-1/2 tsp
Bay leaf	1 leaf	2 leaves	3 leaves
Cayenne pepper (be careful)	1/8 tsp	1/4 tsp	1/2 tsp
Cinnamon	1 tsp	2 tsp	3 tsp
Clove - powdered	1/2 tsp	1 tsp	1-1/2 tsp
Cummin	1-1/2 tsp	3 tsp	4-1/2 tsp
Oregano	1/2 tsp	1 tsp	1-1/2 tsp
Pepper	1 tsp	2 tsp	3 tsp
Salt	1 Tblsp	2 Tblsp	3 Tblsp

After cooking beans - last thing:

Nutmeg	1 tsp	2 tsp	2 + tsp
Paprika (or Smoked)	1 Tblsp	2 Tblsp	3 Tblsp

(Note: 3 tsp = 1 Tblsp)

Instructions:

<p>1 Soak beans over night. Cover beans with enough water to expand to at least double.</p>
<p>2 Rinse beans well checking for rocks or dirt clumps.</p>
<p>3 In a large pot, cover beans with 3 or 4 inches water over beans. Simmer covered for 3 or 4 hours until tender. Don't add any spices or othe ingredients during this time. It makes the beans tough.</p>
<p>4 Skin linguica, and cut in 1/2 in length and 1/3 again. Chop into 1/3 inch chunks. In a skillet, simmer liguica in an inch of water for 15 min. This is to render the fat from the sausage. Drain and set aside.</p>
<p>5 Brown meat. Add salt, pepper and garlic salt. Adding spices to meat will help to reduce the need to add more salt later.</p>
<p>6 Chop onions and garlic. Set aside.</p>
<p>7 When beans are tender: after approx 3 or 4 hours add onions, garlic, tomato sauce, and meat let simmer for a while</p>
<p>8 Add all spices except nutmeg and paprika It is very important to use FRESH SPICES and use exact measurements. With years of practice with this receipe, if this is done, you will achieve the exact family flavor profile. If you don't, you will be trying to add this or that to try to reach that unique taste.</p>
<p>9 Let the beans continue to simmer and reduce down. You will need to uncover the beans at some point to help them to thicken.</p>
<p>10 About 10 to 20 min before serving, add nutmeg and paprika. This gives that final rich color to the beans, and pulls everything together for that unique flavor of the LUIZ FAMILY Portugese Beans.</p>