



# LONGEVITY SOLUTIONS

BLUE ZONES – NICOYA PENINSULA, COSTA RICA

## Slow Cooker Black Beans

*A daily staple in Nicoya kitchens.  
Simple, nourishing, and made to be shared.*



### INGREDIENTS

- 1 pound dry black beans (2 cups), rinsed (or 4 cans, 15 oz each, drained and rinsed)
- 8 cups water or low-sodium vegetable broth
- 1 small onion, chopped
- 3–4 garlic cloves, minced
- 1 green bell pepper, diced
- 2 bay leaves
- 1–2 tsp ground cumin
- 1 tsp **Salsa Lizano** (traditional Costa Rican savory sauce similar to Worcestershire; substitute Worcestershire if unavailable)
- 1 tsp sea salt (or to taste)
- 1/2 tsp black pepper



### INSTRUCTIONS

1. Add all ingredients to the slow cooker and stir to combine.
2. Cook on LOW for 8–10 hours or on HIGH for 4–6 hours, until beans are tender.
3. Remove bay leaves. Taste and adjust seasoning.
4. For a creamier texture, mash some beans against the side of the slow cooker.
5. Serve warm and enjoy!



### MAKE-AHEAD & MEAL PREP TIPS

- Stores well in the refrigerator for up to 5 days.
- Freeze in portions for up to 3 months.
- Great for meal prep: use in burrito bowls, soups, salads, or as a side all week long.



PLANT-  
POWERED  
& MADE FOR  
LONGEVITY



### OPTIONAL SUBSTITUTIONS & FLEXIBILITY

- **Canned beans:** Use 4 cans (15 oz each), drained and rinsed. Reduce cooking time to 2–3 hours on LOW.
- **Herbs:** Add chopped cilantro or culantro at the end for fresh flavor.
- **Less sodium:** Reduce salt or use no-salt-added beans and broth.
- **Extra flavor:** Add a pinch of oregano or a diced tomato.



### SERVING SIZE

**Serves:** 6–8  
**Serving size:** ~1/2–3/4 cup



### SIMPLE PAIRINGS

- Enjoy with brown rice or corn tortillas
- Top with fresh avocado, chopped cilantro, or pico de gallo
- Pair with a cup of Café de Costa Rica or a refreshing agua fresca (lime or hibiscus)



### BLUE ZONE INSIGHTS

- Beans are eaten daily in Nicoya and are a cornerstone of a long, healthy life.
- Plant-based foods, simple ingredients, and home-cooked meals are part of the lifestyle.
- Meals are meant to be shared with family and community.



**LIFESTYLE TIP:** *Cook once, eat simply, and share meals often.*



**NICOYA PENINSULA  
COSTA RICA**

*One of the original Blue Zones,  
where simple living leads to  
longer lives.*