

## CUBAN BLACK BEANS AND RICE

Serves 6-8

- 450g dried black beans (or 2 cans cooked)
  - 1.44 liters water
  - 236 g chopped onion
  - 236 g chopped bell pepper
  - 1 T minced garlic (or more)
  - 118 ml olive oil (can reduce to 1-2 T)
  - 2 bay leaves
  - 1 tsp salt
  - ¼ tsp pepper
  - 1 slice cooked and crumbled bacon
  - 2 T red wine vinegar
  - 2 C cooked long-grain rice
- (Optional: add cumin, lime juice, cilantro)

*If using canned beans, skip the steps in the red brackets.*



Toppings: chopped green onion, chopped hard boiled eggs, sour cream/yogurt, chopped salted peanuts

1. In a large stockpot cover **beans** with water and boil for 2 minutes.
2. Remove from heat and let stand for one hour.
3. Drain water and cover with fresh water (6 cups).
4. \*In a skillet sauté the **onions, bell pepper** and **garlic** in oil for 5 minutes, until tender.
5. \*Add onion mixture and all remaining ingredients, except the red wine vinegar, to the beans and bring to a boil.
6. Reduce heat to simmer covered **for 2 hours**, until beans are tender.
7. Add more water if necessary.
8. \*At the last minute add the **red wine vinegar**, just before serving.
9. \*Serve with 2 cups of cooked rice.

\*Top with chopped **green onions, chopped hard boiled eggs, chopped salted peanuts** or **sour cream/plain yogurt**.