

## **Black Beans and Rice (Cuban Dish)**

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### **Ingredients:**

- 1½ cups of dried black beans, washed, picked over and soaked for 8 hours
- 4 tablespoons extra-virgin olive oil
- 1 large onion, finely chopped
- 1 large green, red or yellow bell pepper, peeled if desired, cored, seeded, and chopped
- 2 heaping tablespoons minced garlic
- 1 cup chopped fresh or canned tomato
- Salt and freshly ground black pepper
- 1 1/2 cups long-grain rice

Garnishes (optional): lime wedges, chopped fresh cilantro, roasted sweet potato slices, cubed avocado

### **Instructions:**

- Drain beans, put in pot, and cover with water. Bring to a boil, reduce the heat, partially cover and simmer for 1 hour
- Meanwhile, put oil in a large pot over medium heat. Add the onion, bell pepper, and garlic, and cook, stirring, until the onion is soft, about 5 minutes. Add to the beans along with the tomato. Continue cooking, uncovered, stirring occasionally, for another hour or more, adding water if necessary, until the beans are done, soft but still firm in the middle. Add salt and pepper to taste. (The mixture should be thick and soupy. If it is too dry, add a little more water.)
- Use an immersion blender or a potato masher to semi-purée the beans in the pot (leave at least half un-puréeed)
- To cook the rice, bring 2 cups water and a generous pinch of salt to a boil. Add rice, reduce heat to low, cover and cook until the water is absorbed and the rice is tender and fluffy. (Or cook according to package instructions). Remove pot from heat and let sit, covered, for 10 minutes
- Serve beans over rice, with garnishes if desired
- If you like your beans spicy, add a dash of Tabasco sauce or a pinch of cayenne pepper

*Serves 4 to 6*