



CUBAN RICE AND BEANS RECIPE (ARROZ CON FRIJOLE NEGRO)

Ingredients for one serving

For the black beans

- 1/2 cup diced green pepper
- 1/2 cup diced yellow onion
- 2 cloves garlic, minced
- 12 ounces dried black beans or 30 ounces of canned beans
- 1 cup water (only to cook the softened dried beans)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 2 teaspoons granulated sugar
- 1/2 teaspoon oregano
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf

For the white rice

- 1 cup White rice, washed and rinsed thoroughly
- 2 cups water
- 1.5 tablespoons vegetable oil
- 1/2 teaspoon salt or more to taste If you choose to use dried beans:

Prepare the dried black beans

Soften the beans in water.

The next day, drain the beans and then add the water to the pot. Bring to a boil and cook them for 60 minutes, stirring frequently.

Make the beans

Sauté the sofrito. After most of the water has been absorbed, you can start making the sofrito (garlic, green peppers, onion mixture).

Simmer with the rest of the ingredients. In a saucepan, add the sofrito, softened black beans or canned beans, water, olive oil, red wine vinegar, sugar, salt, oregano, cumin, pepper, and a bay leaf. Stir to combine and bring to a boil and place the lid on top.

Cook until silky perfection. Reduce to low heat and cook for 20 minutes until you get a thick, silky and creamy consistency.

Make the rice.

In the meantime, add the rice, water, oil, and salt to a large saucepan. Bring to a boil. Reduce heat to low. Cover and simmer for about 15 minutes until the rice is tender and the water is absorbed. Remove from the heat but do not open the lid for 5 minutes. Fluff with a fork. The result is soft, fluffy white rice, not mushy nor wet.

Serve your arroz con frijoles! Serve the white rice with cooked black beans on top.

And I serve them with sweet plantains.