

Black Beans Cuban Style

Description

Black beans prepared in the Cuban style are delicious, hearty and very nutritious. High in protein and dietary fiber, black beans are also rich in antioxidants. But most important, they taste great!

Ingredients

- 1 lb dried black beans, washed
- 1 brown onion, cut in half
- 2 stalks celery, cut into 2 inch pieces
- 1/2 green bell pepper, cored and seeded
- 3 cloves garlic, peeled
- 1 bay leaf
- 3 sprigs fresh thyme
- 3 sprigs fresh parsley
- 1/2 tsp cumin
- 1/2 tsp dried oregano
- 8 sprigs fresh cilantro (garnish)
- sea salt and fresh ground pepper to taste



Summary

Yield: 10

Prep Time: 4 hours

Category: Beans

Cuisine: Cuban

Instructions

Place beans in a large heavy pot covered by 3 inches of water. Soak for at least 4 hours.

Make a bouquet of herbs by taking the bay leaf, fresh thyme and fresh parsley and tie in a piece of cheesecloth.

Add the rest of the ingredients and spices including the bouquet of herbs to the pot. Bring to a full boil over high heat. Skim off any foam.

Reduce the heat, leave uncovered and gently simmer the beans until tender, about 1 to 1 1/4 hours. Add water to keep beans submerged.

Season with sea salt and fresh ground pepper during the last 10 minutes of cooking.

When beans are finished cooking (tender, can easily pierce with a fork), then drain the beans and rinse with cold water. Remove and discard the vegetables and herb bouquet.

Serve over cooked rice. Add a few sprigs of fresh cilantro for garnish.

Notes

If you cook the beans in the water in which they've soaked, you'll better preserve the black color of the beans while they cook. Adds flavor too.