



Garden Fresh Farm Recipes

Cuban Black Beans and Rice

Cuban Black Beans and Rice is a simple, satisfying side dish bursting with Latin flavors like garlic, oregano and cumin.

Ingredients:

1 pound black beans - dried or 4 (four 15-ounce cans rinsed and drained)
3 cloves whole garlic
4 bay leaves divided
2 tablespoons olive oil
1 medium onion diced
1 red pepper seeded and diced
2 cloves garlic minced
1 tablespoon salt
1 tablespoon cumin
1 tablespoon dried oregano
1 teaspoon pepper
1/2 teaspoon cayenne
2 cups long grain white rice rinsed
4 cups chicken broth low sodium
minced cilantro and lime wedges to serve



Instructions:

Soak beans overnight to soften and remove any small hard stones. The next day, strain and rinse soaked beans with fresh water.

To cook beans, place in a large pot and add enough water to cover the beans by two inches. Carefully smash whole garlic cloves with the back of a knife and add to the pot of beans along with 2 of the bay leaves.

Bring pot to a boil then reduce heat to low and simmer until tender (90 minutes or up to two hours.) Set aside once cooked.

Next, in a large Dutch oven, heat olive oil over medium high heat and sauté onions, peppers and garlic. Add spices (salt through cayenne) and continue stirring until vegetables have softened, 4-6 minutes.

Stir in rinsed (uncooked) rice and sauté for 2 minutes so that the rice starts to toast and lightly brown.

Pour in chicken broth and add reserved, cooked black beans along with bay leaves. Stir once then bring to a boil. Stir a second time then reduce heat to low and place tightly fitting lid on the pot. Cook until liquid has been absorbed, about 15 minutes.

Use a fork to loosen the rice and bean mixture then serve with fresh cilantro and lime wedges.



Garden Fresh Farm Recipes

Notes: Canned black beans will work if you're short on time but I highly suggest dried black beans for added texture, flavor and less additives.