



Garden Fresh Farm Recipes

Cuban Black Beans

This Cuban Black Bean recipe is a hearty, flavorful dish cooked low and slow in a crockpot, making it both easy and delicious. Tender black beans are simmered with a rich blend of onions, bell peppers, garlic, and classic Cuban spices like cumin, oregano, and smoked paprika. A touch of vinegar and olive oil added at the end enhances the depth of flavor, balancing the savory and tangy notes. Perfect as a main course over rice or as a side dish, these beans are comforting, aromatic, and ideal for meal prep or a crowd-pleasing dinner.

Ingredients:

- 1 lb dried black beans, rinsed and soaked overnight
- 6 cups water or low-sodium vegetable broth
- 1 medium onion, finely chopped
- 1 green bell pepper, finely chopped
- 3 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1/4 tsp cayenne pepper (optional)
- 1 bay leaf
- 2 tsp salt (adjust to taste)
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp sugar (optional, for balance)
- Fresh cilantro or parsley for garnish (optional)



Directions:

Soaking the beans overnight, drain and rinse them thoroughly.

Add the black beans, water or broth, onion, green bell pepper, garlic, cumin, oregano, smoked paprika, cayenne pepper, and bay leaf to the crockpot.

Set the crockpot to low heat and cook for 8-10 hours, or on high heat for 4-6 hours, until the beans are tender and the flavors meld together.

About 30 minutes before the beans are done, stir in the salt, olive oil, red wine vinegar, and sugar (if using). Adjust seasoning as needed.



Garden Fresh Farm Recipes

Remove the bay leaf and garnish with fresh cilantro or parsley. Serve over rice or as a side dish.

Notes:

For creamier beans, mash a portion of them with the back of a spoon before serving.

This dish pairs well with plantains, avocado, or Cuban-style pork.