

Moros y Cristianos (Moors and Christians)

Cuban Black Beans and Rice

Submitted by Sibyl McRae Child

Ingredients:

4 oz. slab bacon, rind removed and cut into ¼ inch dice, or 5 Tablespoons pure Spanish olive oil

1 medium-size onion, finely chopped

1 medium green bell pepper, seeded and finely chopped

2 cloves garlic, finely chopped

1 cup dried black beans, rinsed, soaked overnight, and prepared according to directions on package to yield 2 to 2 ½ cups cooked black beans, or two 16 oz. cans black beans, undrained.

2 cups raw converted white rice

4 ½ cups water

2 teaspoons salt

1 bay leaf

2 Tablespoons pure Spanish olive oil

¼ teaspoon ground cumin

Freshly ground black pepper to taste

1. In a large saucepan, cook the bacon for 6 to 8 minutes over low heat, or heat the oil until fragrant. Add the onion, bell pepper, and garlic and cook, stirring until tender, 6 to 8 minutes. Add the remaining ingredients and cover over medium-high heat until all the water has been absorbed and small craters form over the surface of the rice, 10 to 15 minutes.

2. Stir with a fork, cover, and cook over low heat until the rice is tender, 10 to 15 minutes. Discard the bay leaf and serve.

Makes 8 servings.