

# CUBAN BLACK BEANS

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Submitted by: Arturo Toro, M4

This recipe is a staple in Arturo's kitchen. It was the first recipe he learned to cook and a meal that reminds him of home. Not to mention, very medical student friendly - super cheap, delicious, and filling.



## INGREDIENTS

16 oz dry black beans  
Water (at least 10 cups)  
1 large green bell pepper, diced  
1 large onion, diced  
6 cloves of garlic, minced (*enough to defeat two vampires!*)  
1/3 cup olive oil  
1/4 cup dry white cooking wine\* (optional)  
3 bay leaves  
1 tbsp white sugar  
2 tsp oregano  
Black pepper  
2 tsp vinegar  
Salt to taste

\*Called Vino Seco on shelves. Available at Don Quijote Market

## DIRECTIONS

1. Pour dried black beans into either pressure cooker or pot filled with water. On the stove, set burner to high until water is boiling and then bring down to medium low for a light boil. Stir occasionally. It will take at least 1-2 hours over stovetop. If using pressure cooker, set to "bean" setting or 25 minutes.
2. While beans are softening, cook the onion and green bell pepper in a pan with all the olive oil until it's a little soft. Add the garlic and cook until you can smell it (this is called the sofrito).
3. Add cooking wine (optional).
4. Add sugar, oregano, bay leaf, black pepper.
5. Add the sofrito to the big pot of beans once the beans are about soft.
6. Remove 1/2-1 cup of beans and place them in a mug. Crush them with a spoon or the handle of a wooden spoon until it becomes a paste and add it back in. This will thicken the mixture to your liking in addition to you boiling it down.
7. Season with salt and vinegar to taste.
8. Serve over white rice or alone with a drizzle of olive oil or hot sauce if you like.

