

Cuban Black Beans

Swick

Makes 6 servings | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Making the Dish

- 2 teaspoons olive oil
- 1/2 onion, finely diced
- 2 garlic cloves, minced
- 2 tablespoons minced green bell pepper
- 3 tablespoons chopped fresh cilantro
- 1 (15-ounce) can black beans, with their liquid
- 1/2 cup water, or more if needed
- 1 bay leaf
- 1/8 teaspoon ground cumin
- 1/8 teaspoon dried oregano
- 1 teaspoon red wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

In a medium saucepan, heat the oil over medium heat.

Add the onion, garlic, bell pepper, and cilantro, and sauté for about 3 minutes, until soft.

Add the beans, water, bay leaf, cumin, oregano, vinegar, salt, and pepper, and bring to a boil.

Turn the heat to low and cover the pot. Simmer for about 15 minutes, stirring occasionally. Add additional water, about 1/4 cup at a time, if the beans are drying out.

Season with the salt and pepper to taste.