



This is the national dish of Cuba with as many ways to make it as there are cooks in Cuba. In fact some version of this dish is served everywhere Spain's influence can be found.

The name refers to the time in Spain (711-1492) when the Moors and the Christians lived side by side sometimes peacefully and sometimes not so peacefully in the Moorish held parts of southern Spain.

Yield: 2 cups

12 ounces canned black beans, drained and rinsed
2 tablespoons canola oil
2 1/2 cups onion, chopped
4 cloves garlic, crushed
2 1/2 cups green pepper, cored and diced
12 ounces canned diced tomatoes, undrained

24 ounces brown rice
1 dash kosher salt, to taste
1 dash black pepper, to taste
3 teaspoons ground cumin
1 teaspoon oregano
1 bay leaf
3 tablespoons white vinegar

Drain and rinse beans until water runs clear.

Sweat onion, garlic, and pepper in oil until soft.

Add tomatoes, black beans, oregano, cumin, bay, and vinegar and cook for about 5 minutes

Add rice and water to cover. Bring to a boil, cover and simmer until rice is tender and fully cooked (about 20-25 minutes).

Remove bay leaf, fluff dish, taste and adjust seasoning as needed.

