Cuca's Black Beans

Description

Cuca was the Queen of Black Beans!



Summary

Yield: 8
Source: Maria Martinez Ryan
Prep Time: 24 hours

Ingredients

- 1 lb black beans
- 10 cups water
- 1 large green pepper, washed
- 2/3 cup oilve oil
- 1 large onion, diced
- 4 cloves garlic, diced
- 1 green pepper, diced
- 1 tsp black pepper
- 1/4 tsp oregano
- 1 bay leaf
- 2 tbsps sugar
- 2 tbsps vinegar
- 2 tbsps dry wine
- 2 tbsps olive oil

Instructions

Rinse the black beans and then leave them soaking in the 10 cups of water with the green pepper.

When the beans are "swollen" place them in a pan and begin cooking until softened (about 45 minutes or so).

In a frying pan, heat the olive oil and then add onions, green pepper and garlic. Sauté the ingredients until the onions are translucent.

Add 1 cup of the drained beans to the pan and mash them well.

Cuca's Black Beans

Take all the ingredients from the frying pan and add them to the rest of the black beans.

Add salt, pepper, oregano, bay leaf and sugar and let boil (covered) for another hour.

Add the vinegar and wine and continue to cook on low heat for another hour.

If the beans are too watery, remove the lid and cook unti the beans thicken.

When the beans are ready to serve, add the olive oil.

Note: who ever heard of "draining" a can of black beans? Definitely not Cuban cuisine!

Ask Bob about this!