

Black Bean Stew

Connie Romani

Cuba

Serves: 6 people

Yield: 10 cups

Time: 2:00 hours

Ingredients

1 pound of dry black beans (see page 68)
4 ounces of lean smoked ham (optional)
6 cups of water or vegetable stock
(see page 64)
1 large onion, roughly chopped
1 red bell pepper, seeded and roughly
chopped
4 cloves of garlic, smashed
3 fresh bay leaves or 1/2 teaspoon of
ground bay leaf
2 tablespoons of olive oil
2 tablespoons of red wine vinegar

Cooked brown or white rice (see page 66)

Directions

- ✦ Drain the beans. Place the beans, ham and 6 cups of fresh water or vegetable stock in a pot. Bring to a hard boil for 5 minutes.
- ✦ Reduce heat and simmer for 1 hour or until just tender.
- ✦ Prepare remaining ingredients. Grind the onion, garlic, bay leaves (or ground bay leaf) and pepper.
- ✦ Heat the oil in a small saucepan over medium heat. Add the ground vegetables and cook until soft and fragrant. Add the vinegar and then add the mixture to the simmering beans.
- ✦ Reduce heat and simmer for another 30 minutes or until the stew thickens.
- ✦ Serve with a side of brown or white rice.

Did You Know?

Dried herbs have a more concentrated flavor than fresh herbs. Due to the stronger potency you will generally use three times the amount of fresh herbs as dry. Bay leaves are equally good fresh or dried and their aromas get better with longer cooking time.

