

Cuban-Style Red Beans and Rice

Recipe courtesy of *Epicurious*

momlogic.com

Ingredients:

Beans:

1 cup dried small red kidney beans

2 quarts water

1/2 small onion

1 2-inch square of red bell pepper

2 garlic cloves, peeled

2 fresh cilantro sprigs

1/2 teaspoon ground cumin

Rice:

1 1/2 cups long-grain white rice, rinsed in cold water 5 times

3 tablespoons olive oil

2 cups chopped onions

1/4 cup chopped red bell pepper

2 garlic cloves, minced

1/2 teaspoon ground cumin

1/2 teaspoon dried oregano

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Preparation:

For beans: Soak kidney beans in a large bowl with enough cold water to cover by 3 inches, at least 4 hours or overnight. Drain. Place 2 quarts water, beans and the next 5 ingredients in a large pot. Bring to a boil over medium-high heat. Reduce heat to medium, cover and simmer until beans are tender, stirring occasionally, about 50 minutes. Season to taste with salt. Drain, reserving beans and bean cooking liquid separately. Discard vegetables and cilantro.

For rice: Bring 3 cups of bean cooking liquid to a boil in a heavy, medium saucepan. Add rice; bring to a boil. Reduce heat to medium-low, cover and simmer until almost all liquid is absorbed, about 20 minutes. Uncover; fluff with fork.

Heat oil in a heavy, large skillet over medium-high heat. Add onions, bell pepper, garlic, cumin and oregano and sauté until onions are beginning to brown, about 5 minutes. Stir in beans and rice; cook until heated through, about 5 minutes. Season with salt and pepper.