



Cuban Black Beans

SERVES 4 ⌚ PREP TIME 15min COOK TIME 1hr 35min

INGREDIENTS

- 1 cup of **La Fe Black Beans**
- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 6 garlic cloves, minced
- 1/2 tsp **La Fe black pepper**
- 2 bay leaves
- 2 tsp cumin
- 2 tsp oregano
- 6 cups of water
- 1 tbsp of apple cider vinegar
- salt to taste
- coconut oil
- **La Fe Sofrito** (Used instead of making your own sofrito, if you do not have enough time to do so)

DIRECTIONS

1. Begin by starting to rinse the beans a handful of times before leaving them to soak overnight in a large pot of water.
2. After the beans have been soaked overnight, drain off the dark colored water and then replenish the water with the 6 cups that you have set aside.
3. Following this, add in the bay leaves and a tablespoon of coconut oil to the pot.
4. Make sure to stir the contents so that it is all evenly spread.
5. Bring the water-mixture to the boil and then reduce the heat to a simmer. Place the lid on top of the pot and them let the mixture simmer for roughly an hour.
6. After this one hour simmering period, the beans should have become tender and soft to the touch.
7. (Please note that you can use La Fe Sofrito if necessary) Prepare the sofrito by sauteing the garlic, onions and bell peppers in a medium-sized skillet with a table-spoon of coconut oil on medium heat.
8. Following this, season the ingredients with the La Fe black pepper, oregano, cumin and salt to taste and then make sure to stir the mixture to evenly spread all the seasonings.
9. Once the onions have tender and translucent, transfer the entire mixture into the large pot, making sure to stir evenly.
10. After you have completed the previous step, use a ladle or a spoon to extract some of the beans from the mixture. Now mash the extracted beans and then return them to the pot. The mashed beans will serve to thicken the bean sauce.
11. Finally, stir in the apple cider vinegar before reducing the pot to low-medium heat.
12. Put the lid on the pot and allow the mixture to simmer for another 20 minutes.
13. Serve with rice and freeze any leftovers