



Cuban Black Beans and Rice

Using dried beans is the most authentic way to prepare this dish, but to save time, we've substituted canned beans.

- 2-3 Tbs. olive oil
- 1 large yellow onion, finely chopped
- 1 large green pepper, finely chopped
- 2 cloves garlic, minced or pressed
- 3 cups vegetable broth
- 2 14-oz. cans black beans
- 1 tsp. hot pepper sauce
- 1/4 tsp. dried oregano
- 1 bay leaf
- 2 tsp. raw sugar
- 1 tsp. salt
- 2 Tbs. dry white wine

Sauté onion and green pepper in oil until onion is transparent, about 6-8 minutes, stirring often. Add garlic and stir for one minute. Add broth and simmer on low heat for 10 minutes. Add beans and remaining ingredients except wine, and simmer for 20 minutes. Add wine and remove bay leaf. Serve over hot cooked rice.