

Moros Y Cristianos Black Beans and Rice

8 servings

Ingredients	Amount
Black beans, dried	1 cup
Oil, vegetable	1 tablespoon
Onion, diced	1 large
Garlic, minced	2 cloves
Rice	1 ½ cups
Water	3 cups
Salt	2 teaspoons
Pepper, black	1 teaspoon

Method

- Wash beans, place in pot, cover with water, soak in refrigerator overnight
- Bring beans (covered with water) to boil, reduce heat and simmer until almost tender, about 45 minutes to 1 hour. Add more water if necessary to prevent burning.
- Heat oil in pan, add onion and garlic, and sauté until soft, about 4 minutes
- Add rice, sauté until rice begins to brown.
- Add water, salt, black pepper, beans and remaining bean liquid. Bring to boil, reduce heat, cover, simmer 20 minutes, and remove from heat. All liquid should be absorbed.
- Let sit 10 minutes still covered.
- Correct seasonings, serve

