Cuban-Style Black Beans

Quick · Serves 4–6

Ken's note: TBD

Canned black beans simmered with onion, scallion, pepper, garlic, cumin, and oregano, brightened with a splash of vinegar. Serve over white or brown rice, with Ropa Vieja or grilled chicken.

Ingredients

- 2 tsp olive oil
- 1 small onion, diced
- 2 scallions, sliced (green and light green parts)
- 2–3 Tbsp small-diced red or green bell pepper
- 3–5 garlic cloves, minced
- 1 bay leaf
- 1 tsp ground cumin
- ½ tsp dried oregano
- ⅛ tsp smoked paprika or ground coriander (optional)
- 2 cans (15 oz) black beans, not drained
- 1 cup water, adjusted for thickness
- 2–3 Tbsp chopped cilantro (optional)
- 2 tsp red wine vinegar
- Salt and black pepper
- Lime wedges

Method

1. Heat the oil in a medium pot over medium heat. Cook the onion, scallions, and pepper 3–4 minutes, until soft. Add the garlic, cumin, oregano, paprika, and bay and stir until fragrant.
2. Add the beans and water and bring to a boil. Lower the heat, cover, and simmer 15–20 minutes, stirring now and then and adding water if it gets too thick.
3. Off the heat, stir in the cilantro and vinegar. Taste and salt at the end. Serve with lime wedges.