



CONGRI: BLACK BEANS & RICE

From Elita Loresca

Ingredients:

- 1/2 bag Goya black beans (1lb)
- 5 cups Canilla parboiled rice (goya)
- 1/2 white onion
- 1/2 green bell pepper
- 5 garlic cloves
- 1 cup Goya olive oil
- 2 bay leaves
- 1 tsp cumin
- 1 tbs salt
- 4 bacon strips

Instructions:

- 1- Soak ½ bag of black beans in water overnight.
- 2- Sauté the sofrito (onion, bell pepper, garlic, bay leaves, cumin) with a tsp of olive oil. Add cut up bacon and cook for about 5 minutes.
- 3- Add 6 cups of water and add beans that have soaked overnight and allow to boil for about 10 minutes. Once water has boiled for about 10 minutes, add 5 cups of rice and cook at medium heat for about 10 minutes.
- 4- Once you have cooked for 10 minutes continue cooking at low heat, almost a simmer until rice is done (approximately 30 minutes). If you see the rice drying out, you had had a little bit of water so that it stays moist.