

Recipe adapted from [Three Guys from Miami](#).



Cuban Frijoles Negros

1 lb. bag black beans
3 T olive oil, divided
9 c water
1-1/4 onion, chopped and divided
1 green pepper, chopped
3 cloves garlic
1 t salt
1/2 t black pepper
1 t oregano
1 t cumin, ground
1 bay leaf
3 T vinegar
3/4 c dry Spanish wine
2 t sugar
1/2 bunch cilantro, roughly chopped

Cover black beans with water and let them soak overnight. Drain and place black beans in a 6-quart saucepan. Add 9 cups of water and 1 T of olive oil. Bring the water to a boil, reduce heat to low, cover and cook for an hour. Do not drain the water from the cooked beans.

Mash the garlic with the salt and black pepper. Next sauté one onions (chopped) and green peppers in a large skillet until the onions are translucent. Add the mashed garlic and sauté until aromatic (another 45 seconds or so).

Add the onions and green peppers to the sauce pan with the beans and water. Also add the oregano, cumin, bay leaf, vinegar and wine. Cover and simmer over low heat for 15 to 20 minutes.

Remove the bay leaf and about a cup of the black beans. Discard the bay leaf. Puree or mash the cup of black beans to create a paste. Mix back into the saucepan.

Season with salt and pepper. Stir in the sugar and drizzle with remaining olive oil. Cover the pot, remove from heat, and let the beans stand for 10 minutes.

Serve beans over white rice and garnish with 1/4 white onion (chopped) and cilantro.