CUBAN · LUNCH · SIDE

Frijoles Negros Cubanos (Cuban Black Bean Stew)

Frijoles negros cubanos

90 min · plus 4 hours to overnight soaking · Serves 8 · 260 kcal a serve

Video 4:12 in Spanish · Receta Cubana

Gluten-free ingredients · Dairy-free · Nut-free

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A filling legume stew: about 14 g protein, 13 g fibre and half a day's folate a serve from black beans, with just 1 tsp sugar in the whole pot, so it digests slowly and keeps blood sugar steadier.

Ingredients 13 · SERVES 8

- [ ] 1 lb **dried black beans**, soaked and drained
- [ ] 2 quarts **water** (some cooks away)
- [ ] 4 tbsp **oil** (about half the fat in the pan is poured off after frying the tocino)
- [ ] 1¾–3½ oz **tocino** (bacon or salt pork), finely chopped and fried crisp
- [ ] ½ **onion**, finely chopped
- [ ] ½ **capsicum** (ají cachucha or bell pepper), finely chopped
- [ ] 3 **garlic** cloves, crushed
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **dried oregano**
- [ ] 1 **bay leaf**
- [ ] 1 tsp **brown sugar**
- [ ] 1 tbsp **vino seco** (Cuban dry cooking wine)
- [ ] 2 tsp **salt**, or to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the black beans for at least 4 hours or overnight, then drain and throw away the soaking water. 0:22
2. Pressure-cook the beans in 2 quarts of fresh water for about 35 minutes, adding 15–20 minutes more if they are not yet very soft. Open the pot and lightly mash some of the beans to thicken the stew. 0:40
3. For the sofrito, heat 4 tbsp oil in a frying pan and fry the chopped tocino until golden. Lift it out, and pour off about half the fat if it has released a lot. 1:24
4. Fry the onion, capsicum and garlic in the remaining fat for 1–2 minutes, then add the cumin and oregano for a minute. Return the tocino with a ladle of beans and let it thicken over medium heat. 1:50
5. Tip the sofrito into the beans and add the bay leaf, brown sugar, vino seco and salt. Mix, cover and cook 10 minutes more so the flavours come together. 2:29
6. For a thicker stew, simmer uncovered for a few minutes; it also thickens as it cools.

> **Tip** Serves 8 (our estimate: about 1½ cups each from 1 lb dried beans). In Cuba it is served over white rice; with cauliflower rice or a salad it makes a lighter meal. Leave out the tocino for a vegetarian pot. Freezes well.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
260 kcal	**14** g	**37** g	**13** g	**6.7** g	**650** mg
1,090 kJ	29% of a day	24 g net · 1.7 g sugars 13% of a day	46% of a day	1.6 g saturated 9% of a day	28% of a day

Energy from net carbs 46% · protein 26% · fat 28%

High in (20%+ of a day) Folate 54% · Magnesium 25% · Omega-3 24%

Source of (10–19%) Iron 19% · Zinc 16% · Potassium 12% · Vitamin E 12% · Vitamin C 10% · Vitamin B6 10%

Recipe and video: Receta Cubana (@RecetaCubana) on YouTube — youtube.com/watch?v=IOKQrqjt2rU, published 28 March 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/frijoles-negros-cubanos