Cuban Black Beans

Made with minced red onion, bell peppers, and aromatic garlic, these Cuban black beans simmered in a blend of tasty spices and red wine vinegar create a mouthwatering experience that will have you craving seconds.

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

★★★★★
5 from 4 votes

Course: Side Dish Cuisine: Cuban
Keyword: cuban black beans, cuban black beans recipe Servings: 8 people
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Ingredients

- 2 tablespoons olive oil
- ½ red onion minced
- 1 large green bell pepper minced
- 1 large red bell pepper minced
- 2 cloves garlic minced
- 2 15 ounce cans black beans liquid and all
- 1 bay leaf
- ⅓ cup chopped cilantro
- 2 teaspoons cumin
- 1 tablespoon red wine vinegar
- 1 teaspoon salt more to taste
- ½ teaspoon pepper more to taste

Instructions

1. Prepare your red onion, bell peppers and garlic by washing and mincing them.
2. Heat a medium saucepan over medium high heat and add your oil, minced onion and minced bell peppers. Saute for about 5-8 minutes, until they have become tender.
3. Add in your garlic and saute for another 2-3 minutes.
4. To your saucepan, add your black beans, bay leaf, cilantro, cumin, red wine vinegar, salt and pepper and bring it to boil over high heat.
5. Once your beans start to boil, reduce the heat to low, cover and simmer for about 15 minutes.
6. Uncover and stir your beans. Add any additional salt or pepper and serve as a side!

Nutrition

Calories: 41kcal | Carbohydrates: 2g | Protein: 0.4g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 0.4g | Monounsaturated Fat: 3g | Sodium: 293mg | Potassium: 59mg | Fiber: 1g | Sugar: 1g | Vitamin A: 519IU | Vitamin C: 20mg | Calcium: 10mg | Iron: 0.5mg

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