



WHATSheATE



Moors and Christians (Moros y Cristianos)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces bacon diced
- ☐ 1 bay leaf
- ☐ 8 ounces black beans dried
- ☐ 1 tablespoon cooking sherry dry to taste
- ☐ 7 ounces bell pepper green cored deveined seeded finely chopped (1 cup)
- ☐ 1 teaspoon ground cumin
- ☐ 1 ham hock
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 teaspoon oregano dried
- ☐ 6 caribbean peppers sweet (ajíes dulces)
- ☐ 13 ounces uncle ben's converted rice long-grain
- ☐ 2 teaspoons salt to taste
- ☐ 1 tablespoon distilled vinegar white to taste
- ☐ 1.3 cups onion yellow finely chopped

Equipment

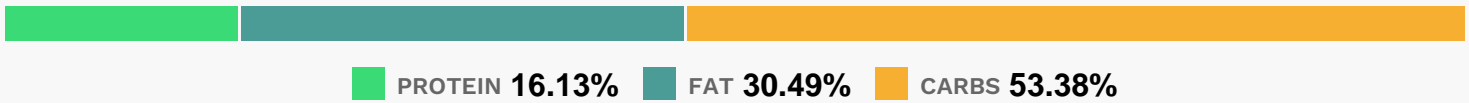
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ colander

Directions

- ☐ Cooking the Beans
- ☐ Rinse and pick over the beans.
- ☐ Place in a medium heavy-bottomed pot with 2 1/2 quarts water, the onion, bell pepper, ajíes or cubanelle pepper, and the ham hock, if using, and bring to a boil over high heat. Lower the heat to medium and simmer, uncovered, until the beans are tender but still retain their shape, about 2 hours.
- ☐ Drain, reserving 4 cups of the cooking liquid. Discard the vegetables and ham hock; you should have 2 cups cooked beans.
- ☐ Finishing the Dish
- ☐ Place the rice in a medium bowl, cover with cold tap water, and swirl the rice, then drain, holding the rice in place with one hand. Repeat the process as many times as necessary until the water runs clear.
- ☐ Drain well in a sieve or strainer.
- ☐ Heat the oil in the heavy-bottomed pot over medium heat.
- ☐ Add the diced bacon and sauté until golden, about 3 minutes.

- ☐ Add the onion, green pepper, cumin, oregano, and bay leaf and sauté until the onion is soft, about 5 minutes.
- ☐ Add the rice and stir to coat thoroughly.
- ☐ Add the beans and the reserved bean cooking liquid, then add the vinegar, sherry, and salt.
- ☐ Mix well and taste for seasoning; add a dash more of sherry, vinegar, and/or spices if needed. The cooking liquid should be flavorful. Cook, uncovered, until most of the liquid is absorbed and small craters have formed on the surface of the rice. Fluff the rice slightly with a kitchen fork, reduce the heat to the lowest possible setting, and cook, tightly covered, for 20 minutes.
- ☐ Remove from the heat and let stand, uncovered, for at least 10 minutes before serving.
- ☐ Cook's Note: For this recipe the beans do not need to be soaked. The standard procedure is to use the same amount of cooked beans as raw rice, but that ratio can be adjusted to taste. However, if the beans are slightly overcooked, reduce the amount to avoid turning the rice mushy. Cubans have always used Uncle Ben's converted rice because of its low starch content. Working Ahead: The beans may be cooked up to 2 days ahead.
- ☐ Drain them, reserving the cooking liquid, and refrigerate the beans and liquid separately. For a quick fix, this recipe may be prepared with 2 cups canned beans (one 15-ounce can).
- ☐ Drain in a colander set over a bowl, and use the bean broth as part of the liquid called for in the recipe. Recommended Pots: 4- to 5-quart 10- to 12-inch heavy-bottomed pot, at least 3 1/2 inches deep, or 4- to 5-quart 10- to 12-inch cast-aluminum caldero.
- ☐ Reprinted with permission from Gran Cocina Latina: The Food of Latin America by Maricel Presilla, © 2012 Norton

Nutrition Facts



Properties

Glycemic Index:21.65, Glycemic Load:22.77, Inflammation Score:-8, Nutrition Score:14.392608684042%

Flavonoids

Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 3.01mg, Malvidin: 3.01mg, Malvidin: 3.01mg, Malvidin: 3.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin:

0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 443.07kcal (22.15%), Fat: 14.85g (22.85%), Saturated Fat: 4.39g (27.46%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 52.54g (19.11%), Sugar: 2.35g (2.61%), Cholesterol: 32.52mg (10.84%), Sodium: 734.49mg (31.93%), Alcohol: 0.19g (100%), Alcohol %: 0.13% (100%), Protein: 17.68g (35.37%), Manganese: 0.89mg (44.62%), Folate: 137.45µg (34.36%), Vitamin C: 21.82mg (26.45%), Fiber: 5.98g (23.9%), Vitamin B1: 0.35mg (23.62%), Potassium: 668.58mg (19.1%), Copper: 0.38mg (18.81%), Phosphorus: 187.44mg (18.74%), Magnesium: 68.5mg (17.13%), Selenium: 10.88µg (15.54%), Iron: 2.62mg (14.58%), Vitamin B6: 0.28mg (14.24%), Zinc: 1.8mg (12.01%), Vitamin B3: 2.03mg (10.17%), Vitamin B5: 0.86mg (8.59%), Vitamin K: 7.25µg (6.91%), Calcium: 68.07mg (6.81%), Vitamin B2: 0.1mg (6.17%), Vitamin E: 0.83mg (5.51%), Vitamin A: 110.55IU (2.21%), Vitamin B12: 0.07µg (1.18%)