



Cuban Black Beans

Recipe Courtesy Chef Bryan Woolley

1 pound dried black beans, rinsed, soaked overnight, drained and rinsed again
4 ounces salt pork
1 whole, small onion, peeled
2 Tbsp olive oil
1 large onion, peeled and diced
1 tsp minced garlic
Fresh ground pepper
Salt to taste

1. Place soaked beans in stockpot with enough water to cover.
2. Add pork and whole onion and heat to boiling over high heat. Reduce heat to medium, stirring occasionally, and simmer for another 2 hours, or until beans are tender. Add more water, if necessary, to keep covered.
3. Remove from heat and discard whole onion.
4. Heat the oil in a large saucepan, adding onion and garlic. Cook until translucent – about 5 minutes.
5. Add 1 cup of the cooked beans and mash until well blended. Mix mashed beans into whole beans. Stir to blend.
6. Add salt and pepper to taste. Serve warm.
7. Makes 6 servings

Nutrition Facts

Serving Size: 1 cup

Calories: 450

Total Fat: 21g

Saturated Fat: 6g

Cholesterol: 15mg

Sodium: 270 mg (not including “salt to taste”)

Carbohydrates: 50g

Dietary Fiber: 12g

Protein: 18g

Diabetic Exchanges

Protein: 2.6

Fat 4

Carbohydrates: 3