

Mamacita's Frijoles Negros  
(Cuban Black Beans & Rice)

Submitted by Michelle Broussard-Hanes

**Ingredients:**

- 1 large bag of dry Black Beans
- 2 large Vidalia onions
- 4-8 fresh cloves of garlic (depending on how strong a taste you want)
- HerbOx "Chicken *Flavored*" Herbal, Sodium Free Bouillon Instant Packets (found only at Publix)
- Salt, pepper, oregano and vinegar (I use Apple Cider Vinegar)
- Cooked rice, enough for your family's needs
- Handful of finely chopped parsley

**Directions:**

Rinse the beans in a colander with hot water. Transfer to your largest bowl, and generously cover the beans with warm-hot water. Allow to soak for 30 minutes, then rinse the beans and drain off the "old water".

**Repeat this process several times.** Finally, usually before bedtime, rinse beans again in colander and cover generously one final time in really warm water. In the morning, rinse again, and then transfer beans to a crock pot. Cover with hot water and allow to cook several hours/all day on low heat. To complete recipe: sauté onions and garlic, then set aside this aspect of recipe. Divide the cooked beans into 2 portions, add one half of beans to the onions and garlic. *Puree the other half of the beans* in a food processor. Make 1 cup of hot "broth" using HerbOx "Chicken Flavored" Herbal, Sodium Free Bouillon Instant Packets. I use SEVERAL packets in one cup of very hot water. This will thin out the beans and make the "creamy" base for which Cuban beans are known. Add the "creamy" beans to the original part of the recipe and mix well. Add seasonings, oregano and then splash with apple cider vinegar. Add finely chopped parsley at the last minute and fold into recipe (will help with digestion and add a fresh taste). Serve over rice. This recipe is high in protein content & economical! Freezes very well.

*Note: Repeatedly rinsing the beans helps the gas to escape and ensures easier digestion, even for those with sensitive stomachs. ☺*

***"Let us stand with Joy over the firm foundation of Fasting.  
Let us stand, my brethren, well, let us stand with all our disposition!"***

***St. Symeon the New Theologian***

