

Free Black Beans and Rice Recipe

If you have interest on how to make a delicious Cuban recipe, you need to check out this [Free Black Beans and Rice Recipe](#)! This combination is a very [Well Known Cuban Dish](#) that has been around for a very long time. It is one of the main staples in Cuban cuisine. This food combination is served at many Cuban dinner tables. The beans are served on top of the rice or mixed together in advance. The black beans are prepared as a thick soup and features a sofrito as a starting seasoning. [Cooking with Sofrito](#) really makes this recipe very unique and tasty as it is one of the main ingredients in this recipe. Every Cuban cook has their own sofrito recipe that they swear is the best around. It is good to try out with various seasonings until you have your own special sofrito recipe. To add to all the great things about this recipe, it is also a great [Vegetarian Bean Recipe](#) for those who prefer to not eat meat. The kind of rice that is used is white rice which is prepared in the microwave. The [black beans](#) are boiled in water and then combined with delicious Cuban ingredients. The beans are also combined with extra virgin olive oil after it is cooked. This makes this meal taste absolutely delicious. All these components are what make black beans and rice a very [Popular Cuban Cuisine](#). If you have always wondered how some Spanish restaurants are preparing this [Delicious Cuban Food](#), now you can do it in the comfort of your own kitchen! To learn the details of this recipe visit www.efoodschoo.com! Black beans and rice are a great compliment to meat dishes like pork or beef. It is served at most Cuban tables like mashed potatoes and gravy are served in many homes in the US.

About the Author

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