

Cuban Beans and Rice

Inspired by the Swiss pressure cooking cookbook, revised by Danni

Ingredients

Item	Single Batch	Double Batch	Preparation/Notes
olive oil	3Tbsp	6Tbsp	
onion	1	2	peeled and chopped
carrot	1	2	in 1/4-inch slices
garlic	4	8	minced
short grain brown rice	3/4c	1 1/2c	
water	3c	1qt + 2c	about 1/3 less if using white rice
dry black beans	1c	2c	washed and soaked for 2+ hours
salt	1tsp	2tsp	
black pepper	1/4tsp	1/2tsp	
ground cumin	1tsp	2tsp	or more to taste
cayenne	1/4tsp	1/2tsp	
bay leaves	1	2	
coriander	1/2tsp	1tsp	
smoked red pepper flakes	1tsp	2tsp	
cilantro	1/4c	1/2c	chopped, including stems
red bell pepper	1/2	1	cut into chunks
lime (juice of)	1	2	

Instructions

Heat olive oil over medium high heat in pressure cooker. Add onion, garlic, and carrot if you are including one. Sauté until onion softens. Add rice over high heat, stirring often, until lightly golden.

Add water and soaked, drained beans. Stir in salt, pepper, herbs, and spices. Close lid and bring pressure to first ring over high heat. Cook for 22 minutes on the first ring.

Use the natural release method. When the pressure releases, add the red bell pepper chunks and the lime juice.

Serve with plain yogurt.

Yield

Single Batch: 4 servings

Double Batch: 8 servings