

# Arroz Congri (Cuban Black Beans + Rice)

An iconic Cuban black beans and rice side dish called congri (or moros y cristianos) made with long-grain rice, black beans, bacon, and fragrant spices.



Prep Time	Cook Time	Total Time
10 mins	50 mins	1 hr

★★★★★

4.2 from 5 votes

Course: Dinner    Cuisine: Cuban

Keyword: arroz congri, congri, congri recipe, cuban black beans and rice, cuban congri, moros y cristianos

Servings: 6 servings    Calories: 252kcal    Author: Jamie Silva

## Ingredients

- 3 slices thick-cut bacon (save the bacon fat!)
- 1/2 cup green bell pepper chopped
- 1 small onion chopped
- 2 cloves garlic minced
- 1 cup uncooked long-grain rice
- 1 can black beans (15 oz)
- 1 1/2 cups water
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1 bay leaf
- Salt and pepper to taste
- Sweet Plantains

## Instructions

1. In a Dutch oven, add bacon slices and fry until fully cooked and crispy. Do not discard the bacon fat. Transfer the bacon slices to a paper towel-lined plate to drain. Set aside.
2. In the same Dutch oven with the bacon fat, add green peppers and onions. Sauté for about 3 minutes. Add garlic and cook for 30 seconds.
3. Add rice, beans with liquid, water, cumin, oregano, bay leaf, salt and pepper. Cover, reduce heat to simmer, and cook for 40 minutes. DO NOT OPEN THE LID. The steam is what cooks the rice.
4. After 40 minutes, remove from heat. Keep the lid on for another 10 minutes. Fluff with a fork. Chop up the bacon and stir it into the rice. Serve and enjoy!

## Nutrition

Serving: 1serving | Calories: 252kcal | Carbohydrates: 37g | Protein: 9g | Fat: 8g | Saturated Fat: 3g | Cholesterol: 12mg | Sodium: 125mg | Potassium: 258mg | Fiber: 5g | Sugar: 1g | Vitamin A: 46IU |