**How to Make Cuban Moros y Cristianos**

Moros y Cristianos, or 'Moors and Christians', is a classic Cuban dish consisting of black beans and rice. The name reflects the cultural blend that characterizes much of Cuban cuisine. This dish is a staple at family gatherings and celebrations. The combination of flavors and textures makes it a favorite among many.

**Ingredients:**

1. 1 cup black beans  
2. 1 cup white rice  
3. 1 onion, finely chopped  
4. 1 green bell pepper, chopped  
5. 3 cloves garlic, minced  
6. 2 cups water  
7. 1 teaspoon cumin  
8. 1 bay leaf  
9. Salt to taste  
10. Pepper to taste

**Steps:**

• Soak the black beans overnight, then drain and rinse.  
• In a large pot, sauté the onion, bell pepper, and garlic until tender.  
• Add the black beans, water, cumin, bay leaf, salt, and pepper. Bring to a boil, then simmer until the beans are tender.  
• Cook the white rice separately according to package instructions.  
• Mix the cooked rice with the black beans and serve.