

***Moros y Cristianos***  
*Featuring Brown Rice*  
*From Cuba*  
*Serves 4*

**Ingredients**

1 cup diced onions  
1 cup diced red pepper  
1 cup diced green pepper  
2 teaspoons minced garlic  
1 ½ cups black beans  
1 cup brown rice  
1 tablespoons lemon juice  
1 tablespoon olive oil  
1 ½ cumin  
½ teaspoon coriander  
½ teaspoon black pepper  
½ teaspoon salt  
1 teaspoon thyme  
1 bay leaf



*"Moros y Cristianos" means Moors and Christians, a name derived from its main ingredients, black beans and white rice. The dish originated in Spain, but the Cuban people embraced it long ago and they've made it their own.*

**Directions**

If you are using canned beans, drain the water from them and set them aside.

If you are using dry beans, cover them with water. Bring to a boil, remove from heat, and let stand 1 hour. Drain the beans.

1. Sauté onion, bell peppers, garlic, cumin, thyme, black pepper, coriander and bay leaf in olive oil until onion is tender, about 5 minutes. Stir in remaining ingredients.

2. Heat 2 cups water to boiling. Add brown rice and reduce heat and simmer, covered, until rice is tender, about 20 minutes. Add rice to other ingredients. Let stand 5 minutes before serving.