

CONGRI - CUBA

This is the most traditional dish in Cuba, and it is often served on holidays and other celebrations. The name, Congri, comes from Haitian creole, the combination of two words: Congo (beans) and Riz (rice in French.) It is more popular in the Eastern part of the country because it was brought into the country by Haitian slaves that came to work in the sugar plantations. Congri is the mixture of rice and beans, cooked together. Enjoy!

2 c white rice
2 c cooked red kidney beans
(preferably from cooked bean soup or use canned bean soup)
1 onion, chopped finely
3-4 cloves of garlic, shattered
1 red pepper, chopped
½ c tomato puree
½ c olive oil
oregano, cumin, pepper, and salt to taste
optional--add cooked ham or bacon

Place rice and ¼ c olive oil in a pot to saute.

Place ¼ c olive oil, tomato pure, onion, garlic, red papper, oregano, cumin and pepper in a frying pan to saute for 3-4 minutes. Add ham/bacon optional. Pour this mix in the pot over the rice and add 2 c of beans. Stir and add salt to taste.

Allow to cook over a medium to high heat and continue to stir to prevent sticking to the pot bottom. After it begins to boil, close the lid and all to simmer for 20 - 25 minutes.

Serves 8.