**Cuban Black Beans**

## Serves: 6

* 1 (500g) pack dried black turtle beans, washed
* 1 onion, chopped
* 1 red pepper, chopped
* 1 green pepper, chopped
* 2 bay leaves
* 1 1/2 teaspoons paprika
* 1 1/2 teaspoons ground cumin
* 1 tablespoon dried oregano
* 2 minced green or Scotch bonnet chillies
* 3 cloves garlic, minced
* 4 tablespoons balsamic vinegar
* salt and freshly ground black pepper to taste

1. In a large bowl, soak beans in water to cover overnight.
2. Rinse beans, and transfer to a large stockpot. Add onion, peppers, bay leaves, paprika, cumin, oregano and chillies, along with water to cover. Bring to a boil, reduce heat, and simmer for 1 1/2 hours.
3. Test beans for tenderness, and when tender add garlic and balsamic vinegar. Season with salt and pepper to taste.

#### Annie’s tip

Black turtle beans, or simply 'black beans' for short, are especially common in Latin American cuisine. High in fibre and packed with nutrients, they're a healthy addition to any dish. If you want to save some time, use tinned black beans instead of dried.

This would be great with eggs for breakfast, or in a jacket potato.