

Cuba – Picadillo, Platanos maduros, Frijoles Negros con Arroz Blanco

Menu du jeudi 7 février de Mme Spillio, maman de Nina et Jorge

Picadillo

- 1/4 C. olive oil
 - 1 onion chopped
 - 1 green pepper chopped
 - 2 cloves garlic chopped
 - 1 lb. ground beef
 - 1/4 dry sherry
 - 1/2 C. canned crushed tomatoes
 - 1 tbl. salt
 - 1 tbl. Worcestershire
 - 1/4 dark raisins
 - 1/2 C olives
 - Tabasco to taste
- that's for 4 to 6 adults.



The short-cut frijoles recipe:

Buy a couple large cans plain black beans, it's:

- 2/3 C. olive oil
- 1 onion chopped
- 1 green pepper chopped
- 2 cloves garlic chopped.
- tbl salt
- 1/2 tbl pepper
- 1/2 tbl sugar
- bay leaf
- pinch cumin

