



## COOKING WITH THE CUBAN REUBEN

with Jennifer Stempel

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### AVOCADO LAYER SALAD

2 cups baby arugula

½ English cucumber, thinly sliced

2 large beefsteak tomatoes, thinly sliced

1-2 ripe avocados, thinly sliced

1 Tbs. seasoned rice wine vinegar, or to taste

2 Tbs. olive oil, or to taste

Kosher salt

Freshly ground black pepper

- 1) On a large, flat platter, spread the arugula to lightly cover the surface.
- 2) Add the cucumber, tomatoes, and avocado in individual layers.
- 3) Drizzle with vinegar, oil, salt, and pepper to taste. Serve immediately.



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## VEGETARIAN CUBAN BLACK BEANS

### (an instant pot recipe)

- 1 16oz bag of dried black beans
- 2 large yellow or sweet onions, divided
- 2 heads of garlic, divided
- 2 red bell peppers, divided
- 2 bay leaves
- 4+ cups of water
- 1 heaping Tbs. consommé (\*I recommend Osem brand)
- 1 Tbs. olive oil
- 2 Tbs. cumin (plus more, to taste)
- 1 Tbs. sugar
- 2 Tbs. fresh oregano finely chopped
- Kosher salt and/or Sazon Tropical
- Freshly ground pepper to taste
- 10 green olives, sliced (plus the brine from the bottle)

#### **Notes:**

\*If you have not soaked your beans, add 10 minutes to pressure cooker cook time.

\*If you do not own a pressure cooker, use a regular soup pot, and simmer on the stove for 3+ hours, until the beans are soft.

#### **This recipe is done in 3 distinct steps.**

##### **Step 1:**

- 1) Soak the beans in a bowl of water overnight, so that they have time to soften slightly. Drain and set aside.

##### **Step 2:**

- 1) In an electric pressure cooker (like Instant Pot), add the drained beans, 1 onion, cut in half, 1 bell pepper, seeded and halved, 1 head of garlic, peeled and cloves left whole, 2 bay leaves, enough water to cover the beans by 2 inches, and consommé.
- 2) Seal the pressure cooker according to the directions on your model, and cook on the “beans” setting or high pressure for 20 minutes. Let the steam naturally release before opening the lid.
- 3) Discard the large chunks of onion, bell pepper, and garlic, as well as the 2 bay leaves.
- 4) Using a potato masher, slightly mash the beans, leaving some still whole. Set aside the beans.

##### **Step 3:**

- 1) Create your “sofrito” by finely dicing the rest of the onion, pepper, and garlic.
- 2) In a large pot over medium heat, add the olive oil and the sofrito. Once the onions in the sofrito are translucent, add the beans.
- 3) Stir in cumin, sugar, oregano, salt and pepper, and lower heat. Simmer for 20 minutes, and reduce to desired thickness.
- 4) Stir in olives, including brine to taste, one TBS at a time.
- 5) Serve with steamed white rice.



## TURKEY & VEGETABLE PICADILLO

- 1 Tbs. olive oil
- 1 sweet onion, finely diced
- 1 red bell pepper, finely diced
- 6 cloves of garlic, finely minced
- 1 lb. ground turkey
- 1 Tbs. Sazon Tropical
- 1 Tbs. ground cumin
- 1 Tbs. dried oregano
- 2 dried bay leaves
- 1 15 oz can crushed tomatoes
- 1 zucchini, finely grated
- 2 cups chopped spinach
- ¼ cup green olives, plus brine to taste
- ¼ cup fresh cilantro leaves, chopped
- Kosher salt and freshly ground black pepper

- 1) Over medium to high heat, add olive oil, onions, and bell pepper to a large, heavy pot. Stir frequently, until onions are translucent.
- 2) Add garlic, ground turkey, Sazon Tropical, cumin, and oregano. Using a wooden spoon, break up the turkey into small chunks. Cook until turkey is completely browned, stirring frequently.
- 3) Stir in the bay leaves, crushed tomatoes, zucchini, spinach, olives and brine, and cilantro. Cover, and lower heat to medium low. Simmer covered for 20 minutes, uncover, and continue simmering until the liquid reduces to desired effect.
- 4) Season with salt and pepper to taste.

A diagram of a family tree with three generations of circles representing family members. A small DNA helix icon is in the top right corner.

Both men and women can be carriers of BRCA and other gene mutations. Know your family history.

A white calendar icon with a grid of dates on a pink background. A small DNA helix icon is in the top right corner.

Keep up with your annual appointments and screenings.

White icons of a male and female figure on a dark pink background. A small DNA helix icon is in the top right corner.

Carriers of the BRCA mutation are at increased risk for breast, ovarian, male breast, prostate, pancreatic, and melanoma cancers.

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