



## Cuban Style Black Beans

Prep time: 15 minutes

Cook time: 45 minutes

### U.S.

2 Tbsp  
1 medium  
2 cloves  
1 each  
1 Tbsp  
1 Tbsp  
1 (15oz) can  
1 cups  
2 each  
1 Tbsp  
1/4 tsp  
To taste

Olive Oil  
Onion, diced small  
Garlic, minced  
Green Bell Pepper, diced small  
Oregano, dried  
Cumin, ground  
Black Beans, low sodium, drained  
Vegetable Stock, no salt added  
Bay Leaf, dried  
Apple Cider Vinegar  
Kosher Salt  
Black Pepper, ground

### Metric

30 mL  
1 medium  
2 cloves  
1 each  
2g  
2g  
1 (425g) can  
240mL  
2 each  
15mL  
1.5g  
To taste

### **Preparation:**

1. Gather all ingredients and equipment.
2. Heat a medium sauce pan over medium-high heat, add oil to coat the pan. Add the onion and cook until translucent.
3. Add the garlic, green pepper, oregano and cumin and cook until peppers are softened.
4. Add the black beans, vegetable stock, and bay leaf and simmer for 20 minutes.
5. Remove the bay leaves. Add the salt, pepper, and vinegar. Serve hot.

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## Nutrition Facts

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9 Servings

**Serving size**                    **1/4 cup**

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**Amount per serving**

**Calories**                         **80**

Calories from Fat                30

**Total Fat**                         3 g

    Saturated Fat                 0 g

    Trans Fat                       0 g

    Monounsaturated Fat        2 g

**Cholesterol**                     0 mg

**Sodium**                            260 mg

**Total Carbohydrate**          11 g

    Dietary Fiber                 4 g

    Total Sugars                  1 g

        Includes 0g Added Sugars

**Protein**                            3 g

Vitamin D                         0 %

Calcium                            2 %

Iron                                 10 %

Potassium                        195 mg

Phosphorus                       60 mg

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