



**Recipe: Cuban Black Beans**

**Servings: 4**

**Serving Size: 1 cup**

**Ingredients:**

2 cans low-sodium black beans

6 cloves garlic

2 tbsp. sofrito (homemade or store-bought)

3 tbsp. oil

1 tsp. cumin

**Directions:**

1. Mince garlic into very small pieces.
2. Add garlic, oil, and sofrito to pan and cook on low to medium heat until garlic is soft.
3. Rinse beans in a colander under running water until water runs clear.
4. Add beans to pan and stir to combine.
5. Add cumin to beans. Cook until heated through.

**Nutrition for one serving:**

**Calories: 280 Total Fat: 10.5g Sat. Fat: 1.5g Sodium: 273mg**

**Carbohydrates: 35g Protein: 12.5g Fiber: 14g**