

Goode Foods™ Cuban Style Black Beans

Ingredients:

1 can of Goode Foods™ Black Beans (drained)
3 oz. Sweet Vidalia Onion (diced)
3 oz. Red Gold Vine Ripe Diced Tomatoes (drained)
6 Cloves Crushed Garlic 1 TB Salt-Free Adobo Seasoning
1 Lemon (juiced and zested) 1 Lime (juiced and zested)
1 Tb Extra-Virgin Olive Oil 1 Tb Cumin
1 tsp Cayenne Pepper Salt and Pepper

Directions:

- Place a sauté pan on med-high heat for 2 minutes
- Add the olive oil and heat for 2 minutes add the sweet onion and diced tomatoes
- Sauté onion mix for 2-3 minutes and then add the garlic and adobo seasoning
- Sauté the mixture for 2 more minutes and then add juice from lemons and limes
- Sauté the mixture for up to 10 minutes, until one-third of the liquid reduces
- Add the black beans, cayenne and cumin
- Cook for 5-7 minutes and then add one-half of the zest from lemon and lime
- Season with salt and pepper

Nutritional Information: (4 servings)

- 170 Calories from Fat
- 4 g Total Fat
- 0 mg Cholesterol
- 451 mg Sodium
- 29 g Total Carbohydrate
- 6 g Dietary Fiber
- 3 g Sugar
- 7 g Protein

