

# COUNT YOUR STEPS

## Cuban Black Beans (makes 4 servings)

- 2 Tbsp olive oil, preferably extra virgin
- 1 cup onion, chopped
- 1 cup green bell pepper, chopped
- 1 Tbsp minced garlic
- 2 bay leaves
- 1 1/2 tsp ground cumin
- 1 tsp dried oregano
- 1/4 tsp salt
- 3 cups cooked black beans or 3 cups canned black beans, rinsed and drained
- 1 cup chicken or vegetable broth
- 1/2 tsp hot-pepper sauce
- 2 cups hot cooked instant brown rice



In a large pot, combine the oil, onion, pepper, garlic, bay leaves, cumin, oregano, and salt. Cook over medium heat, stirring occasionally, for 4 minutes, or until softened. Stir in the beans. Cook for 1 minute to coat with the seasonings. Add the broth. Reduce the heat to medium low. Cover and cook for about 15 minutes for the flavors to blend. Remove and discard the bay leaves. Stir in the hot-pepper sauce. If desired, smash some of the beans with the side of a large spoon. Serve over the rice.

**Per serving:** Calories 410.7; Total Fat 9.9g (Sat Fat 1.3g); Cholesterol 0mg; Sodium 180.2mg; Carbohydrates 63.8g; Dietary Fiber 14.4g, Sugars 2.7g; Protein 16.6g.  
(Source: <http://recipes.prevention.com>)

