

# Cuban Beans and Rice

**Makes:** 4 servings

## Ingredients

- 1 teaspoon** olive oil
- 1 tablespoon** garlic (minced)
- 1 cup** onion (chopped)
- 1 cup** green bell pepper (diced)
- 3 cups** black beans (cooked)
- 2 cups** chicken broth (low sodium)
- 1 tablespoon** vinegar
- 1/2 teaspoon** oregano (dried)
- black pepper (to taste)
- 3 cups** brown rice (cooked)

## Directions

1. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.
2. Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.
3. Spoon over cooked rice and serve.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	390	
Total Fat	4 g	6%
Protein	18 g	
Carbohydrates	71 g	24%
Dietary Fiber	15 g	60%
Saturated Fat	1 g	5%
Sodium	80 mg	3%