

Cuban Black Beans



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| 1 tablespoon olive oil | 2 cups vegetable broth |
| 1 small sweet red pepper, finely diced | 2 cans black beans, drained and rinsed |
| 1 small onion, finely diced | salt & pepper |
| 1 clove garlic, minced | 2 scallions |
| 1 teaspoon ground cumin | fresh cilantro leaves |
| 1 teaspoon oregano | sour cream |

- o Heat olive oil in a medium saucepan over medium-high heat. Add diced pepper, diced onion, garlic, cumin and oregano. Reduce heat to medium and cook for 3-5 minutes or until the onions and peppers soften.
- o Add beans and vegetable broth. Bring to a boil then reduce heat to low and simmer for 20 minutes.
- o Add salt and pepper to taste.
- o Serve in small individual bowls and top with a dollop of sour cream, sliced scallions and cilantro leaves.

NOTES: To make a classic Cuban dish, serve the black beans over white or yellow rice.