

## Side Dish

---

# Cuban Beans

Woman's Day Magazine - Sep 15, 2009  
www.WomansDay.com

**Servings: 4**

**Preparation Time: 5 minutes**

**Start to Finish Time: 15 minutes**

**2 teaspoons oil**

**4 cloves garlic, minced**

**2 cans (15.5 oz) black beans, rinsed**

**1 cup water**

**1 1/2 teaspoons ground cumin**

**1 teaspoon dried oregano**

**1 teaspoon smoked or regular paprika**

**1/4 teaspoon pepper**

**1 bag (1 pound) frozen pepper stir-fry vegetable blend**

Heat the oil in a large skillet over medium-high heat.

Add the garlic. Cook 30 seconds.

Stir in the beans, water, cumin, oregano, paprika, pepper and vegetables.

Bring to a simmer. Cover and reduce the heat. Cook 10 minutes until the vegetables are tender and the flavors have blended.

---

Per Serving (excluding unknown items): 360 Calories; 4g Fat (9.4% calories from fat); 21g Protein; 62g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 4 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fat.