

## Cuban Beans *Makes 4—1/2 cup servings*

1 teaspoon olive oil  
1 Tablespoon minced garlic  
1 cup chopped onion  
1 cup diced green bell pepper  
3 cups black beans, cooked  
2 cups chicken broth, low sodium  
1 Tablespoon vinegar  
1/2 teaspoon dried oregano  
Black pepper to taste



1. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green 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. Serve over cooked rice.
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