

Quick Cuban Dinner

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-a-perfect-valentines-dinner>

Ingredients:

- 1 package yellow rice Knorr® Fiesta Sides -
- 5 plantains very ripe, yellow, see notes
- 1 tablespoon coconut oil or oil of your choice
- 2 cans low sodium black beans drained and rinsed
- 1/2 cup reduced sodium vegetable stock or low
- 2 teaspoons tomato paste
- 2 teaspoons dried oregano
- 2 cloves minced garlic
- 1 large tomato small diced
- 1 green bell pepper small diced
- 1/2 yellow onion small diced
- 1/4 cup cilantro loosely packed, minced
- 1 tablespoon extra virgin olive oil
- 1 lime

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 72 grams
3. Fat: 6 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. SaturatedFat: 3 grams
7. Sodium: 30 milligrams
8. Sugar: 33 grams

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