

Caribbean White Beans

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-empanadas-de-calabaza>

Ingredients:

- 1 tablespoon olive oil
- 1/2 onion chopped
- 1/2 green bell pepper chopped
- 1/2 cup water
- 15 1/2 ounces small white beans
- 6 1/2 ounces tomato sauce
- 1 1/2 teaspoons minced garlic
- 1 sprig cilantro coarsely chopped
- 1/4 cup calabaza pumpkin-like squash, peeled and medium diced
- 3/16 ounce sazón
- achiote
- coriander
- 1 cube chicken with tomato flavored bouillon
- 1 pinch salt
- 1 pinch black pepper
- 1 pinch ground cumin

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 19 grams
6. Protein: 18 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 310 milligrams
9. Sugar: 6 grams

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