

# Black Bean & Plantain Arepa Sandwiches

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-pan-arepa-recipe>

## Ingredients:

- 6 arepas large, or you could sub corn tortillas
- 2 plantains large ripe and spotty, peeled
- 1 tablespoon oil avocado is my preferred
- 15 ounces black beans slightly drained
- 1/2 teaspoon ground cumin
- 1 pinch sea salt
- 2 avocados ripe
- 3 tablespoons lime juice
- 1/4 teaspoon sea salt plus more to taste
- 1/4 cup diced onion
- 2 tablespoons chopped cilantro
- cabbage
- cilantro
- habanero hot sauce or other hot sauce

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 59 grams
3. Fat: 19 grams
4. Fiber: 17 grams
5. Protein: 10 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 720 milligrams
8. Sugar: 15 grams

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