



Cuban Black Bean Puree

This flavorful spread is used as a topping on our Shrimp and Black Bean Tostada. Add more liquid and turn the mix into a tasty soup, or keep it thick for other Latin dishes such as enchiladas, burritos or serve as a side dish with eggs and salsa.

INGREDIENTS:

½ cup white or yellow onion, diced
¼ cup celery, diced
½ cup carrot, diced
2 cups black beans, soaked for 8 hours
1 bay leaf
2 cups water, vegetable or chicken stock
2 Tbsp orange juice concentrate
2 tsp cumin
1 Tbsp oregano, fresh
1 Tbsp olive oil
1 ½ tsp sea salt
1 Tbsp fresh garlic, minced

PREPARATION:

- Spray oil a medium soup pot.
- Sauté the onion, celery, and carrot.
- Drain beans and add to pot along with bay leaf and water/stock.
- Bring to a simmer and gently cook for 90 minutes or until beans are very soft
- Transfer to a food processor or blender and puree to a paste (you may drain the beans, save the liquid and add it to the processor as needed to achieve the desired consistency)
- Return bean paste to the cooking pot and stir in remaining ingredients
- Reheat before using

Number of servings: 9
Serving Size: ½ cup
Calories: 70
Fat Grams: 0

