



CUBAN STYLE BLACK BEAN SEASONING & VEGETABLE MIX

Capture the flavors of a traditionally slow cooked classic with Foothill Farms® Cuban Style Black Bean Seasoning & Vegetable Mix. This adventurous seasoning unites beans with the flavors of onion, garlic, bell peppers and spices for a palate-pleasing creation. Simply add seasoning to water, oil and black beans for Frijoles Negros that taste like they've been simmering on the stove all day. Not only is this Cuban-inspired dish packed with flavor, but it's nutritious and fiber-rich. For a beautiful contrast of colors, serve a classic combination of seasoned black beans with rice.

INGREDIENTS

Dehydrated Vegetables (Onion, Red Bell Pepper, Green Bell Pepper, Garlic), Black Bean Powder, Salt, Sugar, Spice, Vinegar Powder (Maltodextrin, White Distilled Vinegar, Modified Food Starch), Soybean Oil.



PREP INSTRUCTIONS

Oven: In a half pan, add 2½ cups water, ⅓ cup olive oil and contents of seasoning packet (4.2 oz) to one #10 (108 oz) can unseasoned black beans (drained). Stir until well blended. Cover and bake in 400°F convection oven for 25-30 minutes or until product reaches a temperature of 180°F.

Stovetop: In a large pot, combine 3½ cups water, contents of seasoning pouch (4.2 oz), ⅓ cup olive oil and one #10 can unseasoned black beans (drained). Mix well. Bring to a boil for one minute. Reduce heat to low and cook, uncovered, for 15 minutes stirring frequently.

SPECIFICATIONS

Product Code:	V465-H5190
UPC:	10072058614147
Case Pack:	12/4.2 oz
Serving Size:	⅓ cup prepared
Servings per Case:	348
Case Dimensions:	10.38" L x 8.38" W x 8.75" H
Cases/Layer:	19x7
Cases/Pallet:	133
Case Volume:	0.44 ft ³
Case Gross Weight:	3.7 lb
Kosher Status:	No
Storage:	Dry
Shelf Life:	18 months
Allergens:	None

Nutrition Facts

About 29 servings per container
Serving size 1 1/4 tsp (4.0g)
 [Seasons 90g Beans
 (1/3 Cup)]

Amount per serving	
Calories 10	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber Less than 1g	3%
Total Sugars Less than 1g	
Includes 0g Added Sugars	0%
Protein Less than 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.