



International Cooking

Soup That Sizzles With A Tropical Twist

(NAPSA)—Warm up chilly nights with a simmering Caribbean soup.

The islands of the Caribbean offer many flavorful recipes featuring hearty soups that combine a variety of beans, legumes, vegetables and fish. The spices and flavorings found in these recipes incorporate African, East Indian and Chinese influences. These rich mixtures of tastes and traditions can nourish you, body and soul.

For example, a soup with mouth-watering appeal is the truly marvelous Cuban Black Bean soup. Goya Foods offers many of the ingredients, including delicious spices, needed to make this and many other easy-to-prepare, quick and tasty recipes.

Cuban Black Bean Soup

- 2 Tbsp. Goya Olive Oil
- 3/4 cup onion, finely chopped
- 1/2 cup green pepper, finely chopped
- 2 tsp. Goya Minced Garlic or 4 cloves garlic minced
- 2 cans Goya Black Beans, undrained
- 2 tsp. oregano
- 1-1/2 cup water
- 2 packets Goya Sazón without Annatto
- 2 Tbsp. Goya White Cooking



A sumptuous Cuban Black Bean Soup is a melting pot of various ethnic spices and flavorings.

Wine or cider vinegar

Optional garnishes:

- Chopped onion
- Cooked white rice
- Low-fat sour cream

Heat oil in a medium saucepan over medium heat. Stir in onion, pepper, and garlic; cook until tender, about 8-10 minutes. Stir in remaining ingredients. Bring to boil. Reduce heat and simmer 10 minutes or until desired consistency. Serve with desired garnishes. (Serves 4)