



Recipes

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Black Beans

Serves 10

Ingredients:

- 1 Tbsp. Olive Oil
- 2 Tbsp. (0.35 oz.) Green Onions , finely diced
- 1 oz. (¼ cup) Red Bell Pepper , finely diced
- 1 tsp. Jalapeno Pepper , seeded and finely diced
- 1 tsp. Garlic , minced
- 1/4 tsp. Cumin
- 1/2 tsp. Oregano
- 1 can (15½ oz.) Black Beans
- Salt to taste

Directions:

1. In a small sauté pan over medium heat, heat the oil and sauté the onion, red bell peppers, jalapeño and garlic until soft, about 4 minutes.
2. Add the cumin and oregano and sauté for another minute. Add the black beans (along with the liquid) and salt to taste. Continue cooking until most of the liquid has evaporated.