

# BEYOND HUNGER

## SPICED BLACK BEANS

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*Add some spice to your next meal with this quick and easy black bean recipe. Black beans are a delicious source of fiber, protein, antioxidants, and carbohydrates, and making them a fantastic addition to any meal. Pair this side dish with any southwest-inspired meal to get an extra punch of flavor. Enjoy!*

**Yields:** 2 servings

### Ingredients

- ½-1 teaspoon **olive oil**
- ¼ cup **onion**, chopped
- 1 ½ cloves **garlic**, minced
- 1 cup canned **black beans**, do not drain (low sodium beans, preferred)
- ¼ cup **cilantro**, chopped
- ½ teaspoon **cumin**
- ¼ teaspoon **salt**

### Instructions

1. Heat olive oil in a small saucepan over medium heat. Add onion, cook for 3-4 minutes until the onions begin to soften.
2. Add garlic to the onion in the saucepan and sauté an additional 1-2 minutes, until fragrant.
3. Add the black beans, cilantro, cumin, and salt to the saucepan. Stir well to combine, then reduce heat to medium-low. Cook for 15 to 20 minutes while stirring occasionally.
4. Taste and adjust seasoning, as desired. Add chopped cilantro on top of final product if desired.

Chef's Note: optional toppings for the black beans include chopped, fresh cilantro and cotija cheese.

**Per Serving:** Calories 96.5, Carbohydrates 14.5 g, Protein 5 g, Saturated Fat 2 g, Sodium 146.5 mg, Fiber 5 g, Sugars 0.1 g

This recipe was adapted from [belleofthekitchen.com](http://belleofthekitchen.com)



**BEYOND THE KITCHEN**

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