



Stewed Black Beans

Put on top of Huevos Rancheros or serve as a side dish.

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive Oil	10 mL
1/2 each	Onion, diced small	1/2 each
3 cloves	Garlic, minced	3 cloves
1 each	Jalepeno, minced	1 each
2 (15 oz) cans	Black Beans, no salt added, drained, rinsed	850 g
1 (15 oz) can	Crushed Tomato, canned, low-sodium	425 g
1/4 tsp	Salt, Kosher	1.5 g
To taste	Black Pepper, ground	To taste
2 Tbsp	Cumin, ground	16 g
1 Tbsp	Corainder, ground	8 g
1/4 tsp	Smoked Paprika	0.6 g

Preparation:

1. Gather all ingredients and equipment.
2. Place a large skillet over medium-high heat. Add the olive oil and yellow onion; cook until the onion starts to become translucent, about 4-5 minutes.
3. Add the garlic and jalapeño, sauté until fragrant, about 2-3 minutes.
4. Add the remaining ingredients and cook for an additional 10 minutes, stirring frequently.
5. Remove the pan from the heat and serve.

Nutrition Facts

Serving size	1/2 cup
Servings	5
Calories	220
Calories from Fat	30
Total Fat	3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	219 mg
Carbohydrates	35 g
Dietary Fiber	14 g
Sugars	5 g
Protein	12 g
Vitamin A	9 %
Calcium	10 %
Vitamin C	28 %
Iron	10 %

Phosphorus 220 mg
