
Quick Black Beans

Ingredients

- 1-2 tsp of olive oil or avocado oil
- 1 medium onion, minced
- 1-2 cloves of garlic, minced
- 1 (14oz) can of diced tomatoes
- 1 (14oz) can of black beans, rinsed and drained
- 1 tsp of organic taco seasoning or cumin powder if taco seasoning is unavailable
- pinch of salt, to taste

Directions:

- add oil to saucepan over medium heat.
- Add onion and garlic and sauté for about 2 minutes, stirring frequently
- add tomatoes, black beans and taco seasoning / cumin powder, salt.
- With a hand-masher, mash the ingredients over several times so that some of the beans are crushed.
- Continue to cook for 8-12 minutes, stirring occasionally, adding water if needed to prevent ingredients from sticking to the pan.
- Serve w/ brown rice or boiled or roasted potatoes

Notes:

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