

Simple Black Beans

Prep: 10 minutes

Cook: 15 minutes

Ingredients:

1 can black beans

¼ large onion chopped fine

1 teaspoon salt

1 teaspoon garlic

2 teaspoon chili powder

1 teaspoon cumin

1. In a small saucepan heat add onion and sauté over medium heat until soft. If onion is added to cold pan prior to heating no oil is required.
2. Next add 1 can beans, salt, garlic powder, chili powder, cumin. Stir to combine and simmer for additional 5 minutes. Beans can be served as is, mashed slightly with potato masher or pureed in blender for bean dip. If you desire a firm dip pour off half of the water prior to adding to sauté pan for simmering.