

SPICY BLACK BEANS FIT

Serving size: ½ cup

Makes 10 servings

- 1 ¾ cups Black Beans, dry
- 1 ½ TBSP Canola Oil
- 1 ½ cups Yellow Onions, diced
- 2 TBSP Garlic, peeled, minced
- 1 TBSP Chipotle Peppers in Adobo Sauce, canned, minced
- 1 TBSP Ground Cumin
- 1 TBSP Ground Coriander
- 2 TBSP Chili Powder
- 2 cups Tomatoes, whole peeled, canned, drained, chopped
- 1 TBSP Sherry Vinegar
- ½ tsp Vegetable Base
- ¾ cup Water
- 1 cup Cilantro

Preparation:

1. Place the dried black beans in a pot with enough water to cover them. Bring to a boil, then reduce the heat to medium-high and simmer for 45-60 minutes, or until the beans are tender. Drain and set aside.
2. In a braising pan, heat the oil over medium heat. Add the chopped onion and sauté for 5-7 minutes, or until the onions begin to show color. Add the minced garlic, chipotle peppers, cumin, coriander, and chili powder. Cook for 1 minute.
3. Add the diced tomatoes, sherry vinegar, vegetable base, and ¾ cup water to the pan. Stir to combine and cook for an additional 10 minutes.
4. Add the drained black beans to the pan and stir to combine. Cook until heated through. Garnish with fresh cilantro before serving.



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NUTRITION FACTS PER SERVING

calories	170
total fat (g)	3
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	100
total carbohydrate (g)	27
dietary fiber (g)	10
sugar (g)	2
protein (g)	9