

MEXICAN BLACK

BEANS

Makes 6 servings



INGREDIENTS

3 15-ounce cans of cooked black beans
2-3 tablespoons extra-virgin olive oil
1 onion, finely chopped
3 cloves garlic, finely chopped
1 jalapeño chile, minced (take the seeds out if you want to cut the heat)
1 tablespoon sea salt or kosher salt
1 tablespoon chopped cilantro
Fresh lime juice (optional)

INSTRUCTIONS

Sauté onion and garlic in olive oil in a medium saucepan until softened. Add jalapeño and cook for 1 minute.

Add beans and liquid from the can (usually about 1/3 cup liquid per can) plus 2 to 3 teaspoons sea salt, 1 tablespoon chopped cilantro and simmer uncovered for 30 minutes.

You can serve the beans as is or I like to mash them up a bit so they're nice and creamy. Squeeze a little lime on top if you like.