



Easy Black Beans



Where service *and savings* matter.

SERVINGS: 8

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 110, calories from fat 20,
total fat 2g, saturated fat 0g, trans
fat 0g, cholesterol 0mg, sodium
251mg, total carbohydrate 16g,
dietary fiber 6g, sugars 1g, protein
6g, vitamin A 8%, vitamin C 4%,
calcium 4%, iron 15%

- 2 tsp Food Club olive oil
- ½ medium yellow onion, diced
- 2 cloves garlic, minced
- 1¾ tsp chili powder
- ⅛ – ¼ tsp cayenne pepper
- ½ tsp ground cumin
- ½ tsp dried oregano
- 2-15 oz cans Food Club Black Beans, rinsed
- 1 cup water
- 1 Tbsp unsalted tomato paste

DIRECTIONS:

1. Heat oil in a medium saucepan over medium-high heat. Add onion and cook, stirring, until translucent, 4 to 5 minutes.
2. Add garlic and cook, stirring constantly, for 30 seconds. Add chili powder, cayenne pepper, cumin and oregano; cook and stir until fragrant, about 30 seconds more.
3. Add beans, water and tomato paste; stir to combine. Bring to a simmer, reduce heat to medium-low and cook, stirring occasionally, until the beans are heated through and the sauce is slightly thickened, 8 to 10 minutes. Serve warm.

Source: Eatingwell.com

visit unitedtexas.com for more recipe ideas

★ Easy Black Beans ★

Shopping List

PRODUCE:

- 1 medium yellow onion
- 2 cloves garlic

SPICES/SEASONINGS:

- chili powder
- cayenne pepper
- ground cumin
- dried oregano

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Food Club Olive Oil
- 2-15 oz cans Food Club Black Beans
- unsalted tomato paste, canned

FOLD