

Spicy Black Beans



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Recipe by: Laura Vitale

Serves 4-6

Prep Time: minutes

Cook Time: minutes

Ingredients

- __ 1 Large Can of Black Beans (rinsed & washed)
- __ 1 Small Onion (chopped)
- __ 3 Cloves of Garlic (minced)
- __ 1 to 2 Jalapenos (chopped, start with one and see if its hot enough because jalapenos vary in heat)
- __ 2 Bay Leaves
- __ 2 Tbsp of Extra Virgin Olive Oil
- __ Salt and Pepper (to taste)
- __ Fresh Chopped Cilantro to serve (optional)
- __ Sour Cream to serve (optional)

1) In a medium saucepan on medium heat sauté together the onions, garlic, and jalapenos until soft and translucent this will take 2 to 3 minutes.

2) Once the onion mixture is softened add the black beans and season with salt and pepper to taste give it a stir and add 2 cups of water. Cover with a lid and cook for 25 minutes.

3) To serve, top with a dollop of sour cream and a sprinkle of fresh cilantro.

