

# Black Beans

**Makes:** 4 Servings

Vegetable oil is used in this recipe. Use vegetable oil to coat a skillet or pan when cooking vegetables or meats.

## Ingredients

- 3 cups** cooked black beans
- 2 tablespoons** vegetable oil
- 1/2** medium onion (chopped)
- 2 cloves** garlic (chopped)
- 1/2 teaspoon** ground cumin (if you like)
- 1/2 teaspoon** salt
- 1/2 teaspoon** fresh or dried oregano

## Directions

1. Pour 2 cups beans into a bowl. Use a potato masher or fork to mash the beans until they are no longer whole. Set the mashed beans to the side.
2. In a medium-size saucepan, heat the oil over medium high heat. Add the onions and cook for 1 to 2 minutes. Stir in the garlic and cook for 30 seconds more. If using cumin, add that too.
3. Stir in the mashed black beans and the remaining black beans. When the beans begin to boil, reduce the heat to low, stir in the salt and oregano and cook for 10 minutes, uncovered.

## Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>350</b> |               |
| Total Fat             | 8 g        |               |
| Protein               | 19 g       |               |
| Carbohydrates         | 54 g       |               |
| Dietary Fiber         | 18 g       |               |
| Saturated Fat         | 1 g        |               |
| Sodium                | 290 mg     |               |