

Cumin Scented Black Beans



11 servings

Prep Time: 5 min Cook Time: 15 min

- 1 T. olive oil
- 2 cloves garlic, minced (about 2 t.)
- 1 1/2 t. ground cumin
- 3/4 t. sea salt
- 1/2 t. freshly ground black pepper
- 2 15-oz. cans black beans, rinsed & drained
- 1/4 c. chopped cilantro
- juice of a large lemon or lime (about 2 T.)

Heat olive oil over medium heat in a 3-quart saucepan. Add minced garlic and saute 2 minutes, just until soft. Add cumin; cook and stir another minute. Add sea salt and black pepper and stir to combine. Add drained black beans and continue to cook and stir until heated through. Add in lemon or lime juice and chopped cilantro. Stir to combine. Remove from heat and serve.

Nutrition Facts per serving

Calories 85 , Protein 4 g, Carbohydrate 14 g, Total Fat 2 g, Saturated Fat 0 g, Fiber 4 g, Sugar 1 g, Sodium 303 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.