

## **Black Bean Blast**

Prep Time: 5 minutes

Cooking Time: 60 minutes

Yield: 4 servings

### **Ingredients:**

4 cups black beans, cooked or canned

1 bell pepper, color of your choice

1 onion, diced

1 lime

1/2 cup cilantro, chopped

2-3 cloves garlic

2 tablespoons cinnamon

2 teaspoons cumin

1 tablespoon olive oil

1 teaspoon salt

pinch of cayenne

### **Directions:**

1. Wash and soak 2 cups of dried beans the night before.
2. Rinse off soaking water, place in a pot with 3 1/2 cups of water, bring to a boil.
3. Add cinnamon and cumin, cover and cook for 1 hour. If you use canned black beans, empty into pot, mix with spices, keeping about 1 cup of liquid from the can.
4. Cover and cook over medium heat for about 10 minutes.
5. Chop onion and peppers, mince garlic.
6. In a pan sauté onions and garlic with oil.
7. Mix beans with sautéed onions, raw peppers, pinch of cayenne and salt.
8. Garnish with cilantro and a wedge of lime. Serve with grains and/or greens.