



Black Bean Chili

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

2 16-ounce cans black beans
3 garlic cloves
1 white onion
1 green bell pepper 1
tablespoon chili powder
2 teaspoons dried oregano
1 1/2 teaspoons ground cumin
1/2 teaspoon cayenne pepper
1 16-ounce can tomato sauce
1/2 cup of crushed tomatoes
Chopped fresh cilantro for
garnish

Directions

On medium-high heat add 3 tablespoons of water. Add onions, bell peppers, and garlic; sauté in water until onions soften. Mix in chili powder, oregano, cumin, and cayenne powder; stir 2 minutes. With a fork, lightly mash a few black beans to give the chili texture and thicken the sauce. Then mix in beans, 1/2 cup reserved bean liquid, tomato sauce and chopped tomatoes. Bring chili to boil, stirring occasionally. Reduce heat to medium-low and simmer until flavors blend and chili thickens, stirring occasionally, about 15 minutes. Add chopped fresh cilantro for garnish.

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