



Ingredients

- 1 ¼ teaspoon canola oil
- ½ cup diced onion
- ½ teaspoon minced garlic
- 2 ½ tablespoons diced green bell pepper
- 20 oz can of black beans
- 2 ½ teaspoons apple cider vinegar
- ¼ teaspoon cumin, ground
- ¼ teaspoon salt
- Black pepper to taste
- ½ cup cilantro, fresh chopped
- ¼ cup oregano, fresh chopped
- Total time: 25 minutes

Directions

1. In a skillet, heat oil over medium-high heat. Add onion and sauté until soft.
2. Add garlic and sauté until onion and garlic begin to brown.
3. Add green pepper and sauté until soft.
4. Stir in beans with the liquid from the can, vinegar, cumin, salt and black pepper and bring to a simmer. Simmer for 10-15 minutes to allow flavors to blend.
5. Stir in cilantro and oregano and serve.

Nutritional Information

Calories	110
Total Fat.....	1.5g
Saturated Fat	0g
Cholesterol	0mg
Total Carbohydrate.....	18g
Dietary Fiber	6g
Sugar	<1g
Protein	6g
Sodium	190mg
Potassium	20mg
Serving size.....	3oz
Recipes yields.....	8 servings

Adjusted from Sodexo