

Toasted Bread Topped with Homemade Black Beans – Easy and Delicious



Black Beans are natural health food, rich in antioxidants and proteins. Black beans tastes great along with chipotle peppers, onion, garlic and seasonings. They are low in fat and loaded with antioxidants and fibers. Black beans make a complete protein when paired with rice or bread, which is often why they are so commonly included in a vegetarian diet.

Ingredients

**1 Can (15 oz) Cooked Black Beans
1/2 Cup of Chopped Red Onions**

2 Garlic Cloves, Finely Chopped
1 Tsp of Goya Adoba All Purpose Seasoning
1 Tsp of Goya Sazonador Total Seasoning
1 Chipotle Pepper in Adobo Sauce
Dash of Pepper
Dash of Salt
1 Tbsp of Olive/ Corn Oil

Method

- Heat a heavy bottomed pan with oil, add onion, garlic, saute well for 1-2 mins until it turns golden brown.
- Add black beans, all purpose seasoning, total seasoning, chipotle pepper and a dash of pepper and salt. Keep it covered and let it come to rolling boil and keep it in medium flame for another 5 -7 mins and then switch off the flame.
- Hot black beans is ready.
- Meanwhile, toast the bread until golden and place it on the plate. Serve the black beans spooned over the toast.

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Tips

- You can add meat to this recipe.
- Adding chipotle pepper gives a unique taste to the black bean dish.
- You can follow the same recipe by using different beans like navy beans or rajma (Red Beans)

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Health Benefits of Black Beans

- Black beans are rich in fiber, so they help in weight loss.
- Good for digestive tract.
- Prevents cancer.
- Rich in protein, anti-oxidant and iron.

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