



## Spicy Mexican Black Beans

Makes 3 servings

2 Tablespoons olive oil  
1 medium onion, chopped  
4 cloves garlic, chopped  
1/8 teaspoon cayenne pepper  
1/8 teaspoon black pepper  
1 teaspoon cumin  
3/4 teaspoon ground coriander  
1 teaspoon dried basil  
1/2 teaspoon dried oregano

1 can black beans (drain and rinse well)  
1 14-oz. can diced tomatoes

- Over medium heat, heat oil in large skillet.
- Add all the ingredients except the beans & tomatoes. Cook until the onions are soft (about 5 minutes).
- Add tomatoes and beans and heat until bubbly.

Serve over a slice of pan grilled polenta or brown rice.

### Nutritional information per serving:

Calories: 309

Total Fat: 8g

Saturated Fat: 1g

Carbohydrates: 48g

Fiber: 11g

Protein: 14.20g