



# Zesty Black Beans

Prep time: 5 min | Cook Time: 20 min | Serves: 12

## Ingredients:

- 3 (15 oz) cans of low-sodium black beans
- 2 cloves of garlic
- 1 Tbsp olive oil
- 1 jalapeno, de-seeded, and diced
- 8 radishes
- 2 Tbsp chopped cilantro
- 2 tsp cumin
- 1 tsp salt
- 1/2 tsp pepper
- 1 Tbsp water

## Instructions:

1. Drain and rinse black beans.
2. Finely mince garlic, jalapeno, radishes and cilantro. Wear gloves when dicing the jalapeno.
3. Place olive oil in a saucepan on medium heat.
4. Add garlic, cumin, radishes and jalapeno into the pan and saute for one minute.
5. Add beans, salt, pepper and water and bring to a boil.
6. Reduce heat to low-medium and simmer until most of the liquid has been absorbed.
7. Add cilantro, stir and serve.



**Makes a  
great  
taco or  
burrito  
filling!**



SCAN ME

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