

Black beans



Health Benefits

- Good source of protein and fiber
- Good for the heart, blood sugar and for digestion.



Storage

Store dried beans at room temperature. Once cooked, put in an air tight container or plastic bag. up to 3-4 days. You can also freeze them. for 1-2 months.

Preparation (dried beans)

Rinse with water. Soak in a large bowl with water and salt for 8 to 24 hours. Drain and rinse. Add soaked beans, 4 cups of water, and add salt to the pot. Bring to boil, simmer, cover and then reduce to low heat. Cook until beans are tender, about 60 minutes. Drain and serve.

Preparation (canned beans)

Open a can of beans, pour the contents into a colander and drain for two minutes. Rinse them under tap water for at least 10 seconds. Allow beans to drain for two more minutes.

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Breakfast burrito

Ingredients:

- 1 tablespoon oil
- 1 medium sweet potato cut into ½ inch cubes
- ½ onion finely chopped
- ¼ cup water
- 1 can black beans, drained and rinsed
- 1 bell pepper
- 1 tomato or ½ cup salsa
- 1-2 teaspoons herbs or spices to taste (optional)
- Salt and pepper to taste
- 2-4 tortillas



Directions

1. Heat oil in a large pan over a medium heat.
2. Add sweet potato and onions, sauté for 2 minutes.
3. Add water, cover and cook for 5-7 minutes.
4. Add black beans, bell pepper, tomato or salsa, herbs and spices if using and salt and pepper to taste.
5. Cook covered for another 7-10 minutes, add a little more water as needed so the mixture doesn't dry out.
6. When thickened divide the mixture between the wraps. Roll, serve and enjoy!

Servings: 2-4

*Recipe adapted from tasteofhome.