

## **Black beans (side dish)**

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### 1. Gather the Ingredients

- 1 tbsp vegetable oil
- 1/2 small onion thinly chopped
- 1/4 red pepper cut into small cubes
- 1 garlic clove minced
- 1 tbsp fresh cilantro chopped
- 1 15 oz can black beans
- 1 tsp salt (to taste)
- 1 oz shredded jack (optional garnish)

2. In a 2 quart pot, add some oil and cook the onion, the red pepper, the garlic and the cilantro until the onion is soft and translucent.

3. Add the black beans and let it simmer for 15-30 minutes. Blend or mash about  $\frac{1}{3}$  of the beans. Add salt to taste.

4. Garnish with jack cheese and serve.

**The story behind the recipe.** When I was travelling in South America with my husband, we became enamored of a Venezuelan dish called arepas. They often included really delicious black beans. This recipe brings back good memories of our time there.