



Recipes

Beans

Black Bean Chili (vegan)

Prep and Cook Time: 25 minutes

Yield: 2 servings

Ingredients:

- 1 medium onion, chopped
- 2 cloves garlic, minced or pressed
- 2 cups or 1 15oz. can (BPA free) black beans
- 1 15oz. can diced tomatoes
- 1 tablespoon chili powder
- 1/2 cup cilantro

Directions:

1. Chop onions and mince or press garlic.
2. Place all ingredients, except cilantro, in a pot, cover, and let simmer for 20 minutes.
3. Top with cilantro.