

Black Beans

4 cans (150z) black beans (goya)
2 shallots chopped
2-3 cloves of garlic sliced
¼ cup of olive oil
2 cans of diced tomato (with or without jalapeno)
1 Tbs chili powder
Black pepper to taste
Pinch of salt
Feta cheese or non-fat sour cream (optional)
Cilantro for garnish

Heat ¼ cup of olive oil, add shallots and garlic cook till golden brown. Add chili powder and salt, pepper, and 2 cans of tomato. Cook 5 minutes add beans reduce heat to low cook uncovered for 1 hour.

Optional: add ½ cup feta cheese and 1 Tbs non-fat sour cream into your individual bowls
Serve with pasta, couscous, or rice