

Latin Stew Bean

Yield: 8 servings (½ cup per serving)

Prep time 5 mins/Cook time 25 mins

Ingredients:

3 Tbsp Olive oil

1/2 White onion Diced.

2 Jalapenos deseeded and diced.

4 cloves of garlic minced.

1 16oz can of petite diced tomatoes

2 16oz cans of black (1 can drained optional)

3/4 Tbsp Chili flakes

1 Tbsp Cumin

Salt and Pepper to taste

Crushed Tortilla Chips (garnish)

Instructions:

1. Heat pot with olive oil at medium heat add onions and sweat till translucent and stir.
2. Add jalapenos and cook till tender, stir in garlic gently, then add tomatoes. **SWEAT**
3. Add black beans and bring pot to simmer. **SIMMER**
4. Season with Chili flakes, Cumin, Salt, and pepper to taste. **SEASON**
5. Serve with crushed tortilla chips and enjoy. **GARNISH**

Optional:

Smash beans with potato masher for a smoother consistency

Add peanuts as garnish.

Add ground beef to make a main dish.