

Citrus Black Beans

Makes 8 servings

1 large onion, diced
3 garlic cloves, minced
1 jalapeno, finely diced
2 -15 oz. cans black beans, 50% less salt, rinsed thoroughly
1 T lime zest
3 T lime juice (about two limes)
1 t cumin
1/2 cup chicken stock
Cilantro for garnish



Place onions, garlic, and jalapeno on medium- high heat covered in a medium pot and cook until onions are translucent, stirring every 30 seconds. Add remaining ingredients, reduce heat to low and let simmer covered for at least 20 minutes. Uncover and continue to simmer until most liquid has evaporated. Serve and garnish with cilantro.

Nutrition information per serving: 80 calories, 0g fat, 5g protein, 19 g carbohydrate, 250mg sodium, 6g dietary fiber. Good source of iron and vitamin C.

