

Recipe Name **Cumin Spiced Black Beans**

Ingredients:

- 1 can organic black beans
- 1 tsp. garlic powder
- 1 tsp. kosher salt
- ½ tsp. ground cumin
- ¼ tsp. ground cayenne

Directions:

1. Pour beans along with the canning liquid and all spices into saucepan.
2. Turn on stovetop to medium heat.
3. Mash beans using a masher, they will soften as they are heated through. I prefer to mash them about ½ way so that there are still lots of chunks. You could also use a stick blender and puree them if you prefer them smooth.
4. Once mashed, let them reduce for about 10 minutes, stirring occasionally.
5. Taste and adjust seasoning to your liking.

Nutrition Facts

Servings: 4

Amount per serving

Calories **58**

% Daily Value*

Total Fat 0.6g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 590mg 26%

Total Carbohydrate 9.6g 3%

Dietary Fiber 3.1g 11%

Total Sugars 0.2g

Protein 3.7g

Vitamin D 0mcg 0%

Calcium 33mg 3%

Iron 1mg 6%

Potassium 152mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**