

BLACK BEANS WITH TOMATOES & CILANTRO

½ t Tabasco sauce

1 can 15 oz black beans, drained & rinsed

6 fresh plum tomatoes, peeled, seeded & chopped

1 ½ T peanut or corn oil

1 t garlic, chopped

½ t salt

2 T fresh cilantro, chopped

1 med onion, chopped

Heat oil in a small skillet over medium high heat, add the onions and garlic. Sauté, stirring, until onion is almost translucent but still firm, about 2 minutes. Add tomatoes and cook, stirring frequently for 2 minutes more.

Add black beans, Tabasco and salt. Stir to combine. Cover skillet. Cook until beans are heated through, about 2 minutes. Remove from heat. Stir in 1 T of cilantro. Transfer to serving dish & sprinkle w/remaining cilantro. Serve immediately.

Makes 4 servings.

Calories: 189, Carbohydrate: 26 grams, Protein: 8.5 grams, Fat: 6 grams.