

# Garlic Jalapeño Black Beans and Rice

An easy, affordable, and filling meal  
Sunny C



## Ingredients

---

- 2 cans black beans, undrained
- 2 jalapeños, seeded and diced
- 1 small yellow onion, minced
- 4 cloves garlic, minced
- 1 tbs olive oil
- 1½ teas adobo with pepper
- $\frac{3}{4}$  teas cumin

## Directions

---

1. Sauté onion, jalapeños, and garlic in olive oil over medium heat for 1-2 minutes.
2. Add both cans of black beans, adobo, and cumin, then cook over medium-low heat, stirring very frequently, for 15 minutes.
3. Reduce heat to low and simmer, continuing to stir, for another 5 minutes.
4. Serve on top of cooked white rice.