

Pan Roasted Black Beans

Calhoun Area Career Center



Ingredients

1 lb. dried black beans
¼ c vegetable oil
1 large sweet onion, diced
2 cloves garlic, minced
1 medium poblano chili
roasted, peeled and diced
1 jalapeno, diced small
1 Tbsp. chili powder
¼ tsp ground allspice
1-quart low sodium chicken
stock
Salt and pepper to taste
2 Tbsp. cilantro, chopped

Directions

Step one- Soak beans overnight in cold water. Drain.
Heat a large sauté pan over medium heat, add the oil, then onions. Sauté until soft, then add the garlic, poblano and jalapeno. Cook for 3 to 5 minutes. Add the black beans and chicken stock to the pan. Reduce the heat and simmer until the beans are tender. Once the beans are soft add the cilantro. Increase heat and pan roast the beans until most of the stock has been absorbed.

Nutritional Information

Servings 8

Calories per serving	150
Total Fat	8g
Saturated Fat	1g
Cholesterol	0
Sodium	162mg
Total Carbohydrates	15g
Dietary Fiber	5g
Protein	6g