

# Homemade Black Beans

## Ingredients:

- 1 cup black beans
- 2 ¾ cup water
- 3 ¼ tsp. oregano
- ½ tsp. salt
- 2 tsp. extra virgin olive oil
- ½ yellow onion
- 2 garlic cloves
- ¾ tsp. cumin
- ⅛ tsp. crushed red chili flakes



## Nutrition Facts

Serving Size 1 cup (227g)  
Servings Per Container 4

Amount Per Serving

**Calories** 190    **Calories from Fat** 20

% Daily Value\*

**Total Fat** 2.5g    **4%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 300mg    **13%**

**Total Carbohydrate** 31g    **10%**

Dietary Fiber 4g    **16%**

Sugars 4g

**Protein** 10g

Vitamin A 2%    •    Vitamin C 4%

Calcium 2%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. 1. Rinse the beans under running water and discard any stones or shriveled beans. Place the beans in a bowl and put enough water to cover the beans. Cover with saran wrap. Soak overnight.
2. 2. In a large pot heat 1 tbsp. of extra virgin olive oil, add diced onions and cook until translucent. Add garlic and cook for an additional 30 seconds.
3. 3. Drain soaking liquid and add beans to the pot with 10 cups of water. Add the bay leaf. Bring beans to a boil and reduce heat to a simmer. Cook until the beans are soft, but not quite done.
4. 4. Remove any excess liquid and add the oregano, cumin, salt and red chili flakes and cook for an additional 15 to 30 minutes.
5. 5. Garnish with chopped fresh cilantro.