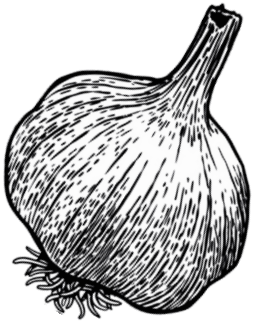
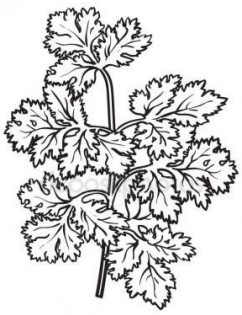
# Spicy Black beans

Prep time: 5 min | Cook Time: 20 min | Serves: 12

## Ingredients

- 3 cans of black beans.
- 2 cloves of garlic.
- 1 tablespoon of oil.
- 2 tablespoons chopped cilantro.
- 1 teaspoon cumin.
- 1/2 teaspoon salt.
- 1/2 teaspoon pepper.
- 1 jalapeno, de-ribbed, de-seeded and diced.
- 1 1/2 cups of water.





## Instructions

1. Drain and rinse black beans.
2. Finely mince garlic, jalapeno and cilantro.
3. Place oil in a saucepan on medium heat.
4. Add garlic, cumin and jalapeno into the pan and saute for one minute.
5. Add beans, salt, pepper and water and bring to a boil.
6. Reduce heat to low-medium and simmer until most of the liquid has been absorbed.
7. Add cilantro, stir and serve.