

Grilled Squid with Spicy Black Beans

Yield: 5 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-japanese-grilled-squid>

Ingredients:

- 2 tablespoons olive oil plus more for brushing
- 1 clove garlic small, minced
- 1/2 teaspoon oregano Mexican dried
- 1/2 teaspoon coarse sea salt
- 1/2 tsp. freshly ground pepper freshly
- 1 pound squid cleaned small, preferably extra-small chipirones
- 1 tablespoon olive oil
- 1/2 yellow onion large, thinly sliced
- 1 chorizo sausage dry-cured, about 5 inches long, thinly sliced
- 1/2 tomato peeled, seeded and diced
- 1 clove garlic minced
- 1/4 teaspoon chili seeded and minced habanero
- 1/2 teaspoon cumin ground
- 1/2 teaspoon salt
- 1/2 tsp. freshly ground pepper freshly
- 1 1/4 cups black beans cooked, drained, or canned beans, rinsed and drained
- 1/4 cup olive oil
- 1/4 cup green onions minced, white and tender green portions
- 1/4 cup cilantro fresh minced
- 1/4 cup lime juice fresh
- 1 teaspoon oregano dried
- 2 teaspoons sea salt
- 1/2 tsp. freshly ground pepper freshly
- 2 tomatoes large ripe, seeded and diced
- 1 avocado ripe, pitted, peeled and diced

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 210 milligrams
4. Fat: 26 grams
5. Fiber: 8 grams
6. Protein: 19 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1650 milligrams
9. Sugar: 3 grams

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