

Mexican Black Beans

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-mexican-black-beans-recipe>

Ingredients:

- 1 teaspoon olive oil
- 1/2 cup chopped onions
- 3 cloves garlic minced
- 1 black beans 16 oz can, do not drain
- 1/4 cup chopped cilantro
- 1 teaspoon cumin
- 1/2 teaspoon salt

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 10 grams
3. Fat: 1.5 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 460 milligrams
7. Sugar: 1 grams

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