

Mexican Black Beans Recipe ★★★★★

These Mexican Black Beans are my go-to side dish for Taco Tuesday or when I make enchiladas. They are SO good and SO easy to make!

Course Side Dish **Cuisine** Mexican **Prep Time** 5 mins **Cook Time** 15 mins **Total Time** 20 mins
Servings 30 **Calories** 193 **Author** Ashlyn Edwards | Belle of the Kitchen

Ingredients

- 7.5 teaspoon olive oil
- 3.75 cup chopped onions
- 22.5 cloves garlic, minced
- 7.5 (16 oz) can black beans, do not drain
- 1.88 cup chopped cilantro
- 7.5 teaspoon cumin
- 3.75 teaspoon salt

Instructions

1. In a small sauce pan, heat the olive oil over medium heat. Add the onions and garlic and cook for 3-4 minutes, just until the onions begin to soften.
2. Add the undrained black beans, cilantro, cumin, and salt. Stir well and reduce heat to medium low. Allow to cook for 15-20 minutes, stirring occasionally. Taste and adjust seasonings to your liking.
3. Serve sprinkled with more chopped cilantro and cotija cheese if desired. Enjoy!

Nutrition

Calories: 193kcal | Carbohydrates: 29g | Protein: 10g | Fat: 4g | Sodium: 293mg | Potassium: 449mg | Fiber: 10g | Vitamin C: 2.1mg | Calcium: 44mg | Iron: 2.7mg