

Side Dish

Baked Black Beans with Chorizo

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Servings: 6

Preparation Time: 35 minutes

Start to Finish Time: 1 hour 5 minutes

Serve warm or at room temperature. Can be a tasty side dish or as a dip with chips.

1 tablespoon olive oil
1/2 cup diced Spanish chorizo
cooking spray
1 1/2 cups onion, chopped
1 jalapeno pepper, sliced
1/2 teaspoon salt
1/2 teaspoon ground cumin
1/4 teaspoon ground red pepper
5 cloves garlic, minced
3/4 cup fat-free lower-sodium chicken broth
2 cans (15 oz) no-salt-added black beans, rinsed and drained
1 cup seeded tomato, chopped
1/2 cup (2 oz) Monterrey Jack cheese, shredded
1/4 cup green onions, thinly sliced

Preheat oven to 425 degrees.

Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add chorizo; saute' for 2 minutes. remove chorizo from pan.

Coat pan with cooking spray. add onions and jalapeno; saute' for 4 minutes, stirring occasionally.

Add salt, cumin, red pepper and garlic to pan; saute' 1 minute, stirring constantly.

Stir in broth and beans; bring to a boil. Cook for 5 minutes.

Mash to desired consistency. Spoon bean mixture into an 8-inch square baking dish coated with cooking spray.

Top with chorizo, tomato and cheese.

Bake for 30 minutes or until lightly browned.

Top with green onions.

Per Serving (excluding unknown items): 41 Calories; 2g Fat (49.2% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.