

Black Beans with Green Onions

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Servings: 4

*2 green onions, sliced
1 tablespoon olive oil
1/2 teaspoon black pepper
1/4 teaspoon cayenne
pepper
1 can (15 ounce) black
beans, drained and rinsed
dollop sour cream*

Slice the green onions. Saute' with one tablespoon of olive oil in a large skillet over medium heat until softened, 2 to 3 minutes.

Season with the black pepper and cayenne pepper.

Stir the black beans into the skillet. Cook over medium heat until warm, about 8 minutes.

Serve with a dollop of sour cream.

Per Serving (excluding unknoc items): 199 Calories; 4g Fat (calories from fat); 11g Protein; 35g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 4mg Sodium; Exchanges: 2 Grain(Starch); Lean Meat; 0 Vegetable; 1/2