

BLACK BEANS AND FETA CHEESE

2 cups raw black beans
1 med. onion, chopped
6 fresh tomatoes, chopped
handful of chopped cilantro
1/2 tsp. salt
1 1/2 Tbsp. safflower oil
1 clove garlic, minced
1/2 tsp hot sauce, or chili pepper paste
1/2 cup chopped feta cheese

Cook black beans. (we use a pressure cooker that cooks them in 1/2 hour without soaking) Heat the oil in a skillet or saucepan over moderately high heat and add onion and garlic. Saute until onion is almost translucent but still firm, about 2 min. Add tomatoes and cook, stirring frequently, for 2 min. more. Add black beans, salt and hot sauce and stir to combine. Cover and cook until beans are heated through, about 2 min. Remove from heat and add feta cheese and cilantro and stir in. Transfer to serving bowl and add remaining cilantro and serve immediately.

Serving Suggestion: Mash beans with potato masher until smooth and serve as a dip for vegetables or tortilla chips

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