



Easy Black Beans

Makes: 6 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 tsp	vegetable oil	5 mL
1	onion, small, chopped	1
2 cups	black beans, cooked or canned beans, drained and rinsed (1 can 19 oz/540 mL)	500 mL
1 ½ cups	water	375 mL
½ cup	tomato paste	125 mL
1 tsp	chili powder	5 mL
1	bay leaf	1
1 tsp	cumin, ground	5 mL
Optional:	cilantro, fresh, chopped (2 tbsp/30 mL)	

Instructions

1. In a skillet, heat oil over medium heat. Sauté onions until softened, about 5 minutes.
2. Stir in beans, water, tomato paste, chili, bay leaf, and cumin. Bring to a boil
3. Reduce heat and simmer for 15 minutes or until slightly thickened.
4. Discard bay leaf.
5. Ladle into serving dish and garnish with cilantro, if using.

Adapted to a child care setting. Courtesy: Dietitians of Canada: Simply Great Food: 250 Quick, Easy & Delicious Recipes by Patricia Chuey, MSc, RD, Eileen Campbell & Mary Sue Waisman, MSc, RD © 2007 www.robertrose.ca. Reprinted with publisher permission. Available where books are sold.

Nutrition Information

Serving 165 g (⅔ cup)

Calories 140

Fat 1.5 g

Saturated 0 g

+ Trans 0 g

Sodium 35 mg

Carbohydrates 25 g

Fibre 7 g

Sugars 4 g

Protein 8 g

Calcium 40 mg

Iron 2 mg

Food Guide Servings

1 Meat & Alternative

