

BLACK BEANS WITH TOMATOES & CILANTRO

½ t Tabasco sauce	1 t garlic, chopped
1 can 15 oz black beans, drained & rinsed	½ t salt
6 fresh plum tomatoes, peeled, seeded & chopped	2 T fresh cilantro, chopped
1 ½ T peanut or corn oil	1 med onion, chopped

Heat oil in a small skillet over medium high heat, add the onions and garlic. Sauté, stirring, until onion is almost translucent but still firm, about 2 minutes. Add tomatoes and cook, stirring frequently for 2 minutes more.

Add black beans, Tabasco and salt. Stir to combine. Cover skillet. Cook until beans are heated through, about 2 minutes. Remove from heat. Stir in 1 T of cilantro. Transfer to serving dish & sprinkle w/remaining cilantro. Serve immediately.

Makes 4 servings.