

# Abi's Black Beans

Nelson Trujillo, M.D.

BCH Cardiologist at Boulder Heart

## Ingredients

- 15 oz canned black beans
- 1 tablespoon olive oil
- Small onion chopped
- 1 clove garlic minced
- 1 small tomato chopped
- 1 tablespoon cooking sherry
- 1 Bay Leaf
- 1 teaspoon salt

## Steps

- In a medium saucepan heat tablespoon of olive oil over medium heat.
- Add garlic, onion and tomato. Cook until onion browned.
- Add beans.
- Add tablespoon of sherry.
- Add bay leaf.
- Reduce heat to low.
- Simmer for 30 minutes.
- Serve over rice, in a pita or in a crepe.



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