

Rachel's Beans

Cooked pinto beans (two 14 oz. cans or about four cups if you're using beans you boiled yourself)
2 white onions-chopped
2 cloves garlic-chopped
1 tsp. cumin
1 tsp. cayenne pepper
1. tsp chili powder
olive oil
salt and pepper
Optional: hot sauce

Saute onions with a small amount of olive oil in a sauce pan over medium heat until the onions are translucent.

Add garlic and saute for one more minute.

Add beans, spices and season with salt and pepper. If you'd like to add hot sauce, add it now. Cook for five more minutes over medium heat.

TA-DA! Even easier and a fantastic source of vegetarian protein!

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