

Seasoned Black Beans

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1-2 Tbsp *coconut oil* (use grapeseed oil for a more neutral flavor)

1 large clove *garlic*, minced

1 (15-ounce) can *black beans*

cumin, to taste

sea salt, to taste

Warm the oil in a small skillet. Add garlic and stir until fragrant (careful not to let it burn, as it will turn bitter). Add beans and toss to coat. Season to taste with cumin and salt. Add about a quarter cup of water and let simmer until the liquid has reduced and became thick. Remove from heat and serve any way you like.