

Black Bean Spinach Sauté

Ingredients:

Group 1:

- 1 Tbsp vegetable oil
- 1 8-oz package baby spinach
- ½ red onion, sliced
- 4 cloves garlic, minced (2 tsp if using pre-minced)
- ¼ tsp chili powder
- ½ tsp salt
- ½ tsp pepper

Group 2

- 2 tomatoes, diced
- 1 can black beans, drained

Directions:

1. Pre-heat a pan on medium heat.
2. Add Group 1 to the pan and mix until the spinach is wilted (2-3 minutes).
3. Add Group 2 to the pan and heat until warm (2-3 minutes).

Serves 2 people.