

Cuban Black Bean Dip

Ingredients

- 15oz cooked black beans, reserve the broth
 - 1 tsp salt plus more to taste
 - 2 Tbs vinegar
 - ½ a white onion, diced
 - ½ a green bell pepper, diced
 - 1 small bay leaf
 - 1 small bunch cilantro
 - ½ tsp oregano
 - ½ tsp ground cumin
 - 3 cloves garlic, roughly chopped
 - Vegetable oil
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Directions

Heat 3 tablespoons oil, onion, and bell pepper. Sauté until onion is translucent and tender. Add the garlic, oregano, cumin, and salt. Sauté for another couple minutes. Add the beans, bay leaf, cilantro, and just enough broth to cover the beans. Let simmer for 10 minutes. With a submersion blender, blend the bean mixture until smooth. Add more broth depending on the consistency you prefer. (If it seems too thin for you, don't worry, it will thicken as it cools.)

Black Bean Brownies

Ingredients

- 2 cups flour
 - 2 eggs
 - 2 tsp vanilla
 - 1 cup black bean puree
 - 1 cup white sugar
 - 1 cup brown sugar
 - 1 cup chocolate chips
 - 1 tsp baking soda
 - ½ cup cocoa powder
 - ½ cup milk
 - ½ tsp salt
 - ¼ cup spinach puree
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Directions

Preheat your oven to 350F. Grease a 9x13 baking pan or casserole dish. Set aside.

In a large mixing bowl, cream the black beans and both sugars together with a beater. Beat in the cocoa powder, vanilla, salt, spinach puree, milk, and eggs. Beat in the flour until the batter just comes together. Stir in the chocolate chips. Pour into the greased pan and spread the batter evenly. Bake for 25

minutes or until toothpick inserted comes out clean. Let sit on the stovetop to cool for 10 minutes before cutting into squares and serving.

Easy Black Beans

Ingredients

- 30oz canned black beans, drained and rinsed
 - 5 cups chicken broth
 - 4 Roma tomatoes, diced
 - 3 Tbs oil
 - 1 small green bell pepper, diced
 - 1 small onion, diced
 - 1 tsp ground cumin
 - 1 tsp dried oregano
 - 1 tsp salt plus more to taste
 - Avocado slices and chopped cilantro
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Directions

Sweat the green pepper, onions, cumin, oregano, and tomato in the oil over medium high heat until the vegetables are tender, about 10 minutes. Sprinkle with salt. Add the black beans and broth. Bring to a simmer and cook for another 10 minutes. Add salt if needed. Separate into bowls and top with avocado slices and cilantro.