

SPICED BLACK BEANS

SERVINGS: 50 CALORIES: 111 KCAL

This simple black bean dish has little prep time and doesn't take long to cook! With spices such as cumin, chili powder, allspice, and garlic these beans are full of flavor and will be sure to be a hit!



INGREDIENTS

1-1/2 gallon 1 cup Beans, canned, black, low sodium

2 tablespoons 1/4 teaspoon Chili Powder

1 tablespoon 1/8 teaspoon Cumin Seed, ground

3/4 teaspoon Allspice, ground

1 tablespoon 1/8 teaspoon Garlic powder

1/2 tablespoon Sugars, granulated

2 tablespoons 1/4 teaspoon Salt, kosher

INSTRUCTIONS

1. Pour all ingredients into a hotel pan or pot. Stir to combine. Heat in steamer or on stove top until warmed through. Hold warm until service. Season to taste.

RECIPE NOTES

Crediting: 1/2 cup of beans is 1/2 cup of vegetable/legume

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 111 kcal | Fat: 0.4 g | Saturated fat: 0.11 g | Sodium: 345 mg | Carbohydrates: 20.33 g | Fiber: 8.45 g | Sugar: 0.2 g | Protein: 7.32 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.