

Black Bean Stir-Fry

September 12, 2009 By Kristen Feola



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1 tablespoon extra-virgin olive oil

1/2 cup sliced onion

1 (15-ounce) can black beans, rinsed & drained

1 (14 1/2-ounce) can diced tomatoes, undrained

1 cup canned corn, drained

1/4 cup diced green pepper

1/4 cup diced red pepper

1 clove garlic

2 tablespoon lime juice

1/2 teaspoon cumin

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

8 ounces cubed Marinated Tofu, optional

Garnishes: Diced avocado, diced green onions

Heat olive oil in a large skillet over medium-low heat. Cook onions until slightly blackened and crispy. Add black beans, tomatoes, corn, peppers, garlic, lime juice, cumin, salt, and pepper. Simmer 15-20 minutes. Top with diced avocado and green onions. To add a little more protein to this dish, mix in cubed Marinated Tofu. Serve with Tortilla Chips.