



Elliott Evans Nutrition, LLC
Prevent and Protect
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BAKED BLACK BEANS WITH CHORIZO

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Makes 6 servings

Ingredients:

- 1** tablespoon olive oil
- ½** cup diced Spanish chorizo
- Cooking spray**
- 1½** cups chopped onion
- 1** Jalapeno pepper, sliced
- ½** teaspoon salt
- ½** teaspoon ground cumin
- ¼** teaspoon ground red pepper
- 5** garlic cloves, minced
- ¾** cup fat-free, lower-sodium chicken broth
- 2** (15-oz) cans no-salt-added black beans, rinsed and drained
- 1** cup chopped seeded tomato
- ½** cup (2 ounces) shredded Monterey Jack cheese
- ¼** cup thinly sliced green onions

Preparation:

- Preheat oven to 425 degrees.
- Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add chorizo; sauté for 2 minutes. Remove chorizo from pan.
- Coat pan with cooking spray. Add onion and jalapeno; sauté 4 minutes, stirring occasionally. Add salt, cumin, red pepper, and garlic; sauté 1 minute, stirring constantly.
- Stir in broth and beans; bring to a boil. Cook 5 minutes. Mash to desired consistency. Spoon bean mixture into an 8-inch square baking dish coated with cooking spray.
- Top with chorizo, tomato, and cheese. Bake at 425 for 30 minutes or until lightly browned. Top with green onions.
- Serve warm or at room temperature. Serve as a side for tacos, or as a dip with chips.