

## Gingery Black Beans (Vegan, Gluten-Free, Soy-Free)

Reprinted with the permission of Cathe Olsen and The Vegetarian Mother's Cookbook:

"This is a deliciously simple way to eat beans. I keep cooked beans in my freezer to make this but you can use canned, too."

The Gingery Black Beans are pictured here served with the Sweet Potato Salad w/ Peanut Butter Dressing from The Vegetarian Mother's Cookbook.

Serves: 6

Ingredients:

- 1 Tablespoon olive oil
- 1 onion, peeled and diced
- 3 cloves garlic, minced
- 4 cups cooked black beans with a little cooking water
- 1/2 teaspoon ground ginger, or 2 Tablespoons ginger juice
- 1/8 teaspoon ground cumin
- Sea Salt to taste

Warm pan over low heat and add oil. Add onion and garlic. Let onion cook 10 to 15 minutes to caramelize. Stir only if it looks like onion is burning. Add remaining ingredients. Heat about 10 minutes or until hot. Add additional water if necessary to keep beans from scorching.

Note: If using canned beans, do not use the liquid. Drain and rinse canned beans. Use a little water to prevent beans from scorching.