

Black Bean Stir Fry

Ingredients:

- 2 medium sized yellow onions chopped fine
- 1 medium sized red bell pepper, chopped to bite sized portions
- 1 medium sized yellow pepper chopped to bite sized portions
- 1 large cloves of garlic chopped fine
- 30-ounces (about the size of 2 cans) of black beans
- 3 tablespoons of olive oil
- 1 heaping tablespoon of crushed of chipotle pepper (available in the spice section of most stores)
- 3 tablespoons chopped cilantro
- 1 teaspoon garlic salt
- Salt and pepper to taste

Preparation:

1. Start by cooking the chopped onions with the garlic and olive oil in a pan until the onions starts to brown.
2. Add all of other ingredients, except for the cilantro and cook for 7-10 additional minutes.
4. Remove from pan, and stir in the chopped cilantro.
5. Add sea salt and black pepper to taste, and serve