

# Caribbean Black Beans by Lynn's Recipes

---



A super fast black bean dish that can be used as a main dish over rice or a side dish.

## Caribbean Black Beans

### Ingredients:

- 1 Tablespoon olive oil
- 1 cup chopped onion
- 1-2 garlic cloves, pressed with garlic press
- 2 teaspoons grated fresh ginger
- ½ teaspoon fresh thyme or you can use dried
- ¾ cup orange juice
- 2 -- 15 ounce cans black beans, drained and rinsed
- Salt and pepper to taste

Heat olive oil in a deep skillet. Add onion and sauté until onions start to get soft. Add garlic, ginger, thyme and orange juice. Cook for 2-3 minutes and then add the black beans and heat until it slightly thickens. If you think it is too thick, you can add ¼ cup of water at this point. Mash a few of the beans, add salt and pepper to taste. Serve over rice. You can use white, brown or whatever your favorite rice might be.

[Comment or watch this Recipe on You Tube](#)

### Follow me on:

[YouTube](#)

[Twitter](#)

# Caribbean Black Beans by Lynn's Recipes

---

[Facebook](#)

[Instagram](#)

Lynn's Recipes: January 2012  
[www.lynnrecipes.com](http://www.lynnrecipes.com)

-----

[Click here for a handy Conversion Chart](#)