

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
- $\frac{1}{2}$ teaspoon fresh thyme or you can use dried
- $\frac{3}{4}$ 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 $\frac{1}{4}$ 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.

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