

Chili Lime Black Beans w. Avocado Crema

(10 – 12 servings)

Black Beans

Ingredients:

1 tbsp Olive Oil
2 tsp Chili powder
1 Lime, zested
2 (15 oz) cans Black Beans, 1 drained, 1 not drained
½ cup fresh Cilantro, chopped
¼ cup Lime juice (about 2 Limes)
1 small red Onion, small dice
2 cloves Garlic, minced
1 Jalapeño Pepper, seeded and chopped
Extra Cilantro and Lime quarters to serve

Directions:

In a heavy pan, combine the olive oil, diced onion, jalapeño and garlic. Heat for 2 or 3 minutes to bring the aroma to life. Add beans, chili powder, lime juice, cilantro and salt. Bring to a boil and then reduce heat to medium. Cook for 12-15 minutes until beans start to thicken. Add lime zest and stir. Serve with Avocado Crema, a sprinkle of cilantro and a lime squeeze.

Avocado Crema

Ingredients:

3 large Avocados
½ cup whole Milk plain Greek Yogurt
2 tbsp fresh Lime juice
Sea Salt to taste

Directions:

Add the avocado, yogurt, lime juice, and a pinch of salt to a large food processor. Blitz until very creamy and smooth, scraping down the sides as needed with a spatula, about 1-2 minutes. Taste and adjust salt as needed.