

Black Beans

Health Benefits:

Black beans, also known as black turtle beans or frijoles negros (Spanish for black beans), are a staple food across many cultures. These naturally gluten-free beans are particularly popular in vegan and vegetarian diets as a plant-based protein source. Rich in nutrients, black beans can offer numerous health benefits. They are an excellent source of dietary fiber that can support digestive health and regulating blood sugar levels. Their high protein content can be great for muscle repair and growth and can help reduce cholesterol levels, promoting heart health. Additionally, black beans provide iron, essential for oxygen transport in the body, and antioxidants that may protect against heart disease and certain cancers. Their versatility makes them easy to incorporate into a variety of dishes, enhancing nutrition in soups, salads, and side dishes.



Selection & Storage:

When selecting black beans, choose ones that are shiny, uniformly colored, and free from cracks or wrinkles— or, buy them in a can. To cook dried beans, soak them overnight in water, then simmer in fresh water for about 1–2 hours until tender. For canned beans, simply drain and rinse (to reduce sodium content) before adding to recipes.

Black Bean Fajitas!

- 15 oz. (1 can) black beans
- 1 med. onion, sliced
- 1 med. bell pepper, sliced
- 1 tbsp olive oil
- 2 tsp chili powder
- 1 tsp kosher salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/4 c. shredded cheese (your choice)
- 2 tsp paprika
- 2 tsp oregano
- Serve with tortillas, rice, or alone

1. Heat oil in a large skillet over medium heat. Add fajita vegetables and sauté until tender, about 10 minutes.
2. Stir in black beans, seasonings; cook, stirring, until heated through, about 1 minute.
3. Divide the vegetables and beans and top with 2 tablespoons cheese, if using.
4. Enjoy!

