



BLACK BEAN PASTE

1 can black beans
1/2 onion
2 garlic cloves
2 chipotles in adobo
1 Tablespoon adobo sauce
1/2 teaspoon cumin
1/2 teaspoon salt
freshly ground pepper
1/2 cup water (or stock)

- 1** Roughly chop 1/2 an onion and peel 2 garlic cloves
Sauté the onion and garlic in a dollop of oil over medium heat for 5-7 minutes.
- 2** Drain and rinse one can of black beans add the black beans to the onion mixture along with 2 chipotles in adobo, 1 Tablespoon adobo sauce, 1/2 teaspoon cumin, 1/2 teaspoon salt, freshly ground pepper, and 1/2 cup water (or stock).
- 3** Simmer for a few minutes until heated through.
- 4** Combine the bean mixture in a blender or food processor add salt to taste. Enjoy!