

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Smashed Black Beans

- 2 cups cooked black beans
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano
- ¼ teaspoon dried chili powder, preferably dried chipotle chili powder

Directions

Mash beans in a large bowl with a potato masher. Add spices and herbs, and mix well. Adjust seasonings for your taste. If you want, start with a smaller amount of seasoning and slowly add until the beans taste just right.

**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmchealthconnect.org**

NUTRITION INFORMATION PER ½ CUP SERVING:

Calories	100
Total Fat	0 g
Saturated Fat	0 g
Total Carbohydrate	25 g
Fiber	6 g
Sodium	3 mg
Protein	8 g
Potassium	400 mg

Also a good source of
magnesium, iron and
B vitamins

Cost per serving: \$.25
per ½ cup