

Recipe – Black Bean & Cabbage Stew

Ingredients:

- 2 lbs. black beans
- 1 head cabbage
- 2 large onions
- 2 cups tomato sauce
- 1 cup flavorful salsa
- Salt to taste
- olive oil

Directions:

Cook black beans according to the package directions minus 20 minutes

Add tomato sauce and salsa, shredded cabbage and onion

Stew until vegetables are done, about 45 minutes, you may need to add water or broth to get the consistency you want

Drizzle in some extra virgin olive oil and add salt and/or hot pepper sauce to taste