

Sweet Black Beans

- oil
- onions, chopped small
- garlic, minced
- canned black beans
- spices (including salt, black pepper, red pepper, and cumin)
- honey

Fry up the onions and garlic in the oil. Add in the canned black beans, liquid and all. Cook well, mashing some (about 1/4) of the beans. Add spices to taste. Add honey to taste.

Preparation time: 10 minutes

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