



Black Bean Puree

We know all that sweets can get old during the puree phase. Sometimes you just want something savory and satisfying! We cooked up this flavorful Black Bean Puree so that you can enjoy it for lunch, dinner, or whenever you are craving something salty!

Ingredients:

- 1 can of black beans (drain if you want thicker puree)
- 1 can of Rotel tomatoes
- Juice from ½ of lime (change to taste)
- 1 garlic clove, crushed
- Handful of cilantro
- ½ tsp salt

Directions:

- Put all ingredients in a sauce pan and bring to a boil.
- Put into blender and puree.
- You can also blend ingredients first and cook on the stove or in the microwave.

“You are powerful, brilliant and brave.”

