

Black Bean Puree Recipe

Yield: 3 Cups

Ingredients

- 1 Tablespoon olive oil
- 1 small onion, diced and divided
- 2 cups cooked black beans, drained and liquid reserved
- 1/2 cup water or reserved liquid from beans
- Salt to taste
- 2 Tablespoons chopped cilantro (optional)
- 1 Tablespoon cotija cheese (optional)



Instructions for Adults

Assist with supervision of safe knife skills and stovetop.

Instructions for Kids

- Preheat a large skillet over medium high heat. Add olive oil to hot pan and swirl to coat.
- Set aside 2 tablespoons of diced onion. Add the remaining onion to the hot pan and cook for 3 to 5 minutes, until translucent.
- Add beans and 1/4 cup of water or liquid from beans to the pan. Using a potato masher, mash the beans and onions until they begin to form a rustic, chunky puree.
- Simmer on medium to low heat for 5-10 minutes or until beans reach your desired thickness. If needed, add remaining liquid for a smoother consistency.
- Add salt to taste. Garnish with chopped cilantro, onion, and cotija cheese. (optional).
- Eat as a side, dip, or spread. Leftovers can be stored in the fridge for 1 week.

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