Mexican-Style Black Beans with Fire-Roasted Tomatoes, Lime & Cilantro

Prep: 10 minutes | Cook: 10 minutes | Makes: About 4 servings

Black beans simmered with sweet onion, garlic, fire-roasted tomatoes, cumin, oregano, paprika, and an optional jalapeño, then brightened with lime and cilantro. This is Matty’s go-to side for enchiladas.

Ingredients

• 1 (15-ounce) can no-salt-added black beans, not rinsed, with the can liquid

• 1 medium onion, diced

• 2 garlic cloves, minced

• 1 tablespoon extra-virgin olive oil

• 1 (14.5-ounce) can fire-roasted diced tomatoes

• 1 jalapeño, diced, optional; keep the seeds and ribs for heat

• 1 teaspoon ground cumin

• ½ teaspoon dried oregano

• ½ teaspoon paprika

• ½ teaspoon kosher salt, plus more to taste

• ¼ teaspoon freshly ground black pepper

• Juice of 1 lime, about 2 tablespoons

• ¼ cup chopped fresh cilantro, for garnish

• Up to ¼ cup warmed vegetable or chicken broth, as needed

Method

1. Heat the olive oil in a pan over medium-high heat. Add the onion, fire-roasted tomatoes, garlic, optional jalapeño, cumin, oregano, paprika, salt, and black pepper. Sauté for 5 minutes. This will soften the onions and tomatoes substantially and help infuse all those delicious seasonings.

2. Add the black beans and all the liquid from the can. Bring everything to a simmer and cook for about 5 minutes.

3. Remove the beans from the heat and stir in the lime juice. Taste and season with more salt if needed.

4. If the beans are thicker than you would like, stir in warmed vegetable or chicken broth until they reach the consistency you want. Garnish with cilantro and serve.

Kitchen notes

The jalapeño is optional. For full heat, dice it with all the seeds and ribs intact. Finish the beans off the heat with lime juice, then loosen them with warm broth if you prefer a soupier consistency.

Estimated nutrition

Per ¼ recipe: Calories About 170; Protein About 7 g; Total fat About 4 g; Saturated fat About 0.5 g; Cholesterol 0 mg; Sodium About 550 mg; Total carbs About 29 g; Fiber About 7 g; Total sugars About 6 g; Added sugar 0 g.