

# *Judi's Recipe Club*



## **Kevin's Mexican Bean Bowl**

This recipe is super fast to make and delicious. You will see in the cooking instructions the beans and tomatoes are drained because it's a bean bowl and not a chili.

### **Ingredients**

- 3 - 15oz Can Black Beans
- 3 - 15oz Can Pinto Beans
- 3 - 15oz Can Diced Tomatoes
- 1 - 7oz Can Diced Green Chilis
- 1 - Large Yellow Onion
- 2 - Tbsp Minced garlic
- 1 - 1.25oz package of Taco Seasoning\*
- 1 - Tbsp Cumin powder 2 - tsp Tabasco Sauce (or to taste)

### **Cooking Instructions**

Saute the onions in a large pot. We saute in a small amount of water instead of oil. In fact, it's the

secret to making this recipe delicious ... it's NOT oily or greasy.

While the onions are sauteing, rinse the beans in a large colander.

When the onions are almost translucent, add the garlic. Continue sauteing for 2 more minutes. Add the beans and gently mix the onion/garlic with the beans. Add the diced green peppers, juice and all!

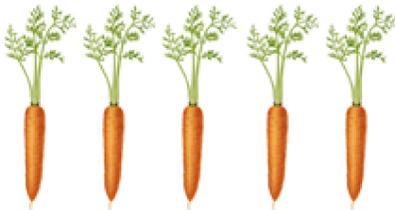
Rinse the diced tomatoes in the colander and add.

Now it's time to add the taco seasoning, cumin, and Tabasco and gently mix them in.

Cover the pot and cook on a medium to high heat for 10 minutes.

*\*We use 3 Tbsp [Penzies Taco Seasoning](#).*

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