



Black Bean Lettuce (ES) (OP W)

Serving: 1

Veg

Ingredients

- **Ingredients:**
- -1 tsp olive oil
- - $\frac{1}{4}$ onion, chopped
- -1 cloves garlic, minced
- - $\frac{1}{2}$ cup cooked black beans
- - $\frac{1}{4}$ tomato, chopped
- - $\frac{1}{4}$ green bell pepper, chopped
- - $\frac{1}{4}$ tsp chili powder
- - $\frac{1}{4}$ tsp parsley
- -pinch oregano
- - $\frac{1}{4}$ tsp cumin
- -salt to taste
- -romaine lettuce leaves, about $\frac{1}{2}$ head
- -additional toppings (such as olives, salsa, cheese, raw veggies, etc), if desired

Preparation Method

- -Heat the oil over medium heat in a saute pan. Add the onions. Cook 2-3 minutes, or until translucent.
- -Add the garlic. Cook an additional minute.
- -Add the black beans, tomato, pepper, chili powder, parsley, oregano, cumin, and salt. Stir.
- -Reduce heat to medium-low and cook for about 30 minutes, stirring occasionally, or until there is no more liquid and the veggies are tender.
- -Spoon the bean mixture into separated and washed lettuce leaves.
- -Top with any additional desired toppings and garnish with scallions.
- -Enjoy!