

Shopping List

Bulk

Black beans

Spices of choice

Grocery

Or a can of black beans



Check out our recipe blog at
www.communityfoodcoop.wordpress.com
You can sign up to receive recipes periodically via email or RSS feed.

Community
FOOD CO OP
Bellingham's Natural Grocer

Downtown Store

1220 N Forest Street
Bellingham, WA 98225
Open Daily 7am-10pm

Cordata Store

315 Westerly Road
Bellingham, WA 98226
Open Daily 7am-9pm

Phone: 360.734.8158

sassysampler@communityfood.coop

www.communityfood.coop

Source: Sassy Sampler

Printed on FSC certified, 100%
post-consumer recycled paper

Roasty Toasty Black Beans



Community
FOOD CO OP

Roasty Toasty Black Beans

INGREDIENTS

Black beans (or your favorite bean) - Either a 15 oz can, drained and rinsed OR any amount of soaked and cooked black beans

Olive Oil for coating beans (about 2 t per can of beans)

~ 1-2 t Spices of choice—

Garlic, onion, red pepper flakes,
Cajun seasoning, chili powder, sea
salt, cumin, etc.

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Dry cooked beans with a paper towel.
3. Place them in a bowl and drizzle olive oil over them.
4. Add desired spices to taste.
5. Toss beans with oil and spice.
6. Spread in an even layer on a parchment-lined baking sheet.
7. Bake for 15-20 minutes. Take out baking sheet and toss beans. Bake for another 15-20 minutes, until beans are crispy.
8. Store in an air-tight container for a few days.

This mild-flavored snack is a favorite in Korea, and you can also use it to top salads, etc. Use your imagination!

You can use almost any bean in this recipe—they don't have to be black beans! Garbanzos, or chickpeas, are the only ones that could be a little too hard (because of their size) to turn into a crunchy snack, although some may enjoy that aspect. Cook them for closer to an hour.

You will need to use a lot of spices if you want a bolder flavor—be prepared to use more than you think will be necessary! Blooming the hotter spices in oil first will help achieve a stronger flavor. To bloom the spices, add them to the oil and cook over low heat for a couple minutes. Let oil cool before mixing it with the beans.



www.communityfoodcoop.wordpress.com