

Black Bean Stew with Mango

Ingredients:

- 1 pound of black beans
- 5 TBS olive oil or coconut fat
- 1 large onion, chopped
- 1 red bell pepper, diced
- 1 sweet potato or garnet yam, peeled and diced
- 1 16 ounce can tomatoes (or fresh, in season)
- juice of one lime
- 1 mango, diced (or 1 cup of frozen mango)
- hot sauce to taste
- salt, if permitted
- 1 bunch cilantro, chopped

Directions:

Prepare the black beans according to the package directions and adding 2 of the 5 TBS of olive oil or coconut fat while simmering.

Saute the onion, pepper, and sweet potato in the remaining oil or fat until onion is a little golden.

Add the tomato, lime juice and just enough water to simmer until the sweet potato is tender.

Combine black beans with vegetables.

Ten minutes before serving, add the mango, hot sauce, salt and half of the cilantro and simmer.

Serve the rest of the cilantro for garnish.