



Black Bean Sauce

Ingredients

1 (15-ounce) can black beans, rinsed and drained

1 medium red bell pepper, trimmed, seeded and minced

1 small yellow onion, minced

½ cup orange juice

2 Tablespoons balsamic vinegar

2 cloves garlic, minced

¼ teaspoon salt

1/8 teaspoon pepper

Makes 12 servings

Instructions

1. In a medium size bowl, mash the black beans with a fork.
2. Add the bell pepper, onion, orange juice, balsamic vinegar, garlic, salt and pepper. Mix until fully blended.
3. Chill the sauce until ready to serve or, if desired, heat it before serving.

Notes:

- May be served on top of or as a side with chicken.
- Sauce can be used in place of salsa in other recipes.

Nutrition Facts

Serving Size 1/4 cup	
Servings Per Container 12	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 6%	• Vitamin C 30%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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