

Black beans with vegetables

★ Easy 30 minutes 2 portions

Tips: use quality of black beans, otherwise the sauce won't get thick and tasty

INGREDIENTS

- 1 tin of black beans
- 1 onion
- 1 orange pepper
- 1 cup of sliced cabbage
- 4 Boiled eggs
- 1 pack of green peas
- 4 florets of broccoli
- 1 teaspoon of olive oil

PREPARATION

1. Cut the onion and the orange pepper in very little cubes
2. Put in a pan with the olive oil and let fry until the onion looks light brown and add the cabbage
3. When it's cooked add the beans and let it boil for 10 minutes or until the sauce looks thick
4. Boil the green peas and the broccoli on the microwave for about 10 minutes
5. Place all in the plate as it is in the picture and drop a bit of olive oil on the top of the greens

