**“Top – It – Your – Way” Beans**

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*Ingredients*

* One, 15 ounce can of pinto or black beans, rinsed and drained (choose a brand with <300 mg sodium per serving),
* One small jalapeno pepper (optional)
* 1 tsp. garlic powder
* 2 tsp. olive oil
* Chopped cauliflower (also known as “riced” cauliflower), or small amount of brown rice

*Ideas for “Toppings”: Place each individual topping into a bowl or small plate.*

* Cooked, chicken, cut into bite - sized pieces (this is a great way to use left-over chicken!)
* Fresh, snipped cilantro
* Shredded cheese (cheddar, Colby jack or any mixture of favorite cheeses)
* Sliced black olives
* Thinly sliced (or shredded cabbage)
* Fresh slices of lime
* Thinly sliced fresh jalapenos (for those who LOVE it hot!!)
* Chopped fresh tomatoes
* Salsa
* Sliced avocado
* Tortilla chips, broken

*Directions*

1. In a medium pot, sauté jalapeno pepper in olive oil, over low heat until tender.
2. Stir in beans.
3. Add garlic powder and mix well.
4. Simmer until heated all the way through.
5. In medium bowl, serve beans over “riced” cauliflower or small amount of brown rice.
6. Add three or more toppings from the list above (or come up with your own ideas!)

***Note: Allow one can of beans for every 3 people!***