

## **Garlic Black Beans**

### **Candida Friendly**

2 large or 3 med garlic cloves, minced

1 can Trader Joe's Organic Black Beans

1 tbsp grapeseed oil

Sea Salt to taste

Heat oil in pan over med heat and add garlic. Mix constantly and cook as long as you can without burning the garlic. The longer you cook the more the garlic is infused, 1 to 2 minutes. Immediately add undrained black beans and sea salt. Bring to a light boil, and then simmer on low for 5-10 minutes.

It's the perfect complement to a meal or just a bowl by themselves for an easy meal.