

Black Bean Noodles



Ingredients

1. 3 cups (750 ml) of Fusili Noodles
2. 1 Red Pimento Pepper sliced or diced
3. 1 cup (250 ml) of tomato sauce
4. 1 can of black beans, without the fluid, rinsed.
5. 1 cup (250 ml) grated cheddar cheese
6. 1 lime for juice and slices
7. 1 tablespoon of olive oil.
8. optional parsley leaves or coriander leaves for garnish.

Preparation

1. Boil the noodles until al dente about 15 minutes, drain and set aside.
2. In the same empty pot, reduce to medium heat, add olive oil and peppers, heat about 3-4 minutes.
3. Add the tomato sauce and bring to a boil while stirring. Let simmer over medium low heat for 3-4 minutes.
4. Add black beans, lime juice, noodles, salt and pepper to taste and mix it all together.
5. Add the cheese and heat until the cheese is slightly melted.
6. Garnish with parley or coriander and a sprinke of grated cheese and serve.