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## 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 - 0% calories from fat*

### 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.
- If desired, 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		
<b>Calories 40</b>	Calories from Fat 0	
% Daily Value*		
<b>Total Fat 0g</b>	<b>0%</b>	
Saturated Fat 0g	0%	
Trans Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	
<b>Sodium 180mg</b>	<b>8%</b>	
<b>Total Carbohydrate 8g</b>	<b>3%</b>	
Dietary Fiber 2g	8%	
Sugars 2g		
Protein 2g		
Vitamin A 6%	Vitamin C 30%	
Calcium 2%	Iron 4%	
*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		



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