

Black Bean, Pasta, and Artichoke Heart Medley

Ingredients

- * 1 tablespoon olive oil
- * 1/2 teaspoon dried oregano
- * 1/8 teaspoon black pepper
- * 1 garlic clove, minced
- * 1 (15 ounce) can black beans, drained and rinsed
- * 1 (14 ounce) can artichoke hearts, rinsed, drained, and quartered
- * 1 cup green onions, sliced
- * 1/2 teaspoon dried basil
- * 1/8 teaspoon cayenne pepper
- * 2 (14.5 ounce) cans whole tomatoes, undrained and chopped
- * 4 cups cooked pasta (any shape)

Recipe No : 19

Card 1

Direction

1. In a large skillet, heat oil over medium heat. Add green onions and sauté 5 minutes.
2. Add oregano, basil, black pepper, cayenne pepper, garlic, and tomatoes.
3. Cover and simmer 10 minutes.
4. Add beans; cover and simmer an additional 5 minutes.
5. Combine bean mixture, cooked pasta, and artichoke hearts in a large bowl. Mix well.
6. Serve warm.

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Card 2