



## Five Minute Meal - Sausage and Black Beans

The other night it was 7:15PM after a long day and I did not have dinner planned. I was hungry so I took a quick trip through my cupboards and refrigerator and came up with this 3 ingredient 5 minute dinner that both my husband and I loved. It made 3 band size servings, so he had 2 and I had my single serving and we were both happy and satisfied.

### Ingredients:

- 1 can of Trader Joe's Cuban Style Black Beans
- 3 Amy Lu Hatch Green Chiles and Cheddar chicken Sausage
- 1 ounce Trader Joe's Lite shredded mozzarella cheese

### Directions:

1. Open can of beans and place in saucepan and heat until just bubbling
2. Slice sausage into "coins" ad heat in microwave
3. Add warmed sausage to black beans and stir
4. Bring saucepan of beans and sausage back to just bubbling
5. Serve in bowls and top with cheese

**Nutrition:** Makes 3 servings, each with

- **219 calories and**
- **21 grams of protein**