

Spicy Bean Stir-Fry

This vibrant and hearty Spicy Bean Stir-Fry is packed with protein and flavor, making it a satisfying main dish for any meal.

Quick to prepare, it's perfect for busy weeknights or a healthy lunch option.



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup mixed beans (canned or cooked)
- 1 small bell pepper, sliced
- 1/2 small onion, sliced
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Steps

- 1 Heat the olive oil in a skillet over medium heat.
- 2 Add the sliced onion and bell pepper, sautéing until they begin to soften (about 3-4 minutes).
- 3 Stir in the minced garlic and cook for an additional minute until fragrant.
- 4 Add the mixed beans, chili powder, salt, and pepper; stir well to combine.
- 5 Cook for another 5-7 minutes, stirring occasionally, until everything is heated through and flavorful.
- 6 Remove from heat and garnish with fresh cilantro if desired. Serve hot.