

## **Brazilian Black Bean Bake Recipe**

2 cups chopped onions  
2 tablespoons minced jalapeno pepper (1 large jalapeno, seeds removed)  
3 or 4 teaspoons minced candied or fresh ginger root (or 1 to 2 teaspoons ground ginger)  
4 cups cooked dry black beans  
1 cup diced red pepper  
2 cans diced tomatoes, undrained (14½ oz ea)  
⅛ cup honey  
¼ cup loosely packed light brown sugar (or less if candied ginger is used)  
1 teaspoon dried thyme  
1 teaspoon salt

Combine all ingredients, except mango and banana, in 3-quart (13 x 9) casserole. Bake at 350 degrees, covered, 30 minutes; uncover and bake to desired thickness, about 1 hour.

Serve with:

1 cubed fresh mango  
1 sliced banana  
juice of ½ lime drizzled over fruit to keep bananas from oxidizing

makes 4 - 6 entree servings (or 6 - 8 side dish serving)