Ingredients

Total

* 3 TBS olive oil
* 2 onions, chopped
* 2 jalepeno peppers, seeded and minced
* 6 cloves garlic, minced
* 2 TSP cumin
* 2 TSP chipotle powder
* 3 limes, zested and juiced
* ¼ cup water
* 4 cans black beans, rinsed
* Salt to taste
* 1 bunch parsley leaves, chopped (give stems to black team)

Procedure

1. In a pot over low-medium heat add the olive oil and onion. Cook for 5 minutes, until soft.
2. Add the jalapeno and cook another 5 minutes. Add the garlic and cook for 5 minutes, or until everything is soft.
3. In a separate pan on medium heat, toast the cumin seeds until fragrant, about 1 minute. Put in mortar and pestle and grind into a powder.
4. Add half the ground cumin, chipotle powder, lime zest, and water to the onion mixture. Mix, and add the rinsed black beans. Cook together for 5 minutes. Season with salt. Taste.
5. Either mash or blend the mixture to desired consistency.
6. Garnish with chopped parsley leaves.