Ingredients

Total

* 4 cans black beans
* 1 red onion
* 2 tablespoons cilantro
* 2 tablespoons cumin
* Salt to taste
* 1 tomato
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Procedure

1. Open the cans of beans and rinse thoroughly
2. Mash the beans
3. Dice the onion and tomato
4. Chop the cilantro
5. Grind the cumin
6. Mix together in a large bowl
7. Serve with chips