

## **Black Bean, Pasta, and Artichoke Heart Medley**

### **Ingredients**

- \* 1 tablespoon olive oil
- \* 1/2 teaspoon dried oregano
- \* 1/8 teaspoon black pepper
- \* 1 garlic clove, minced
- \* 1 (15 ounce) can black beans, drained and rinsed
- \* 1 (14 ounce) can artichoke hearts, rinsed, drained, and quartered
- \* 1 cup green onions, sliced
- \* 1/2 teaspoon dried basil
- \* 1/8 teaspoon cayenne pepper
- \* 2 (14.5 ounce) cans whole tomatoes, undrained and chopped
- \* 4 cups cooked pasta (any shape)

### **Direction**

1. In a large skillet, heat oil over medium heat. Add green onions and sauté 5 minutes.
2. Add oregano, basil, black pepper, cayenne pepper, garlic, and tomatoes.
3. Cover and simmer 10 minutes.
4. Add beans; cover and simmer an additional 5 minutes.
5. Combine bean mixture, cooked pasta, and artichoke hearts in a large bowl. Mix well.

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Card 1

6. Serve warm.

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Card 2