

## Spiced Black Beans and Mushrooms in Red Wine

|       |             |  |
|-------|-------------|--|
| 1-2   |             | green onions, chopped  |
| 1     | pkg         | fresh mushrooms (or 1 cup of shiitake mushrooms, if you want extra flavor) |
| 2     | cans, 15oz. | black beans, drained and rinsed  |
| 8-10  |             | black olives, sliced or slivered   |
| 1-2   | cloves      | garlic, minced   |
| ¼ - ½ | C           | sun-dried tomatoes   |
| ½     | tsp         | cumin  |
| ½     | tsp         | dried basil  |
| ½     | tsp         | black pepper   |
| ½     | tsp         | ground ginger  |
|       |             | Olive oil for sautéing   |
|       |             | Red wine   |
|       |             | Sour cream   |

Reconstitute any dried ingredients (mushrooms, sun-dried tomatoes) in warm water. Once dried ingredients are softened, saute onions, mushrooms, and garlic in olive oil. Add beans, olives, and tomatoes and mix well. Add combined spices, and mix again. Pour ¾-1 cup of red wine over all, and simmer for 10-15 minutes or so, stirring frequently. Serve over brown rice, or simply by itself, with a dollop of sour cream to cool off the heat from the spices. Serves 2-3. Can be doubled.