



SOUTHWEST SPAGHETTI

Ingredients

- ½ pound spaghetti
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 (16 ounce) jar spaghetti sauce
- 1 (15 ounce) can black beans or chick peas, rinsed and drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 cup sweet corn kernels, drained
- 2 teaspoons ground cumin
- 3 dashes hot sauce, or to taste
- salt to taste
- ground black pepper to taste
- 1 cup shredded cheddar cheese

Preparation Steps

- In a large skillet heat cook the onion in olive oil until tender. Add the spaghetti sauce, black beans, kidney beans, corn, and mix well. Stir in the cumin, red pepper sauce, salt, and ground black pepper. Simmer for 15 to 20 minutes.
- Meanwhile, in a large pot with boiling salted water cook spaghetti until al dente. Drain.
- Toss pasta with spaghetti sauce and cheese. Let rest 5 minutes and serve.