

DRESSED TAMALES OVER BLACK BEANS

Ingredients:

- 1 pkg. of your favorite White Mountain Foods Tamales
- 1 cup grated favorite regular or soy cheese
- 1 16 oz. can refried black beans
- 2 tsp. ground cumin
- 1 med. onion, chopped
- 2 cloves garlic, minced
- 1 cup favorite salsa
- 1 T. vegetable oil
- salt
- pepper

Directions:

Heat oil in skillet on high & add onions & garlic. Cook 3 - 5 min. Lower heat to med. & add refried black beans and cumin, salt and pepper to taste. Mix well. Let simmer 5 minutes on low. Remove husk and microwave tamales 1 minute. Scrape black bean mixture onto plate. Place tamales on the black bean base. Pour salsa over tamales, and cheese over salsa. Microwave until cheese melts. Serve hot.