

Black Bean, Mushroom & Avocado Scramble

Adapted from: Karen Troughton (*Kitchen Treaty*)

Prep time: 5 minutes

Cook time: 5 minutes

Total time: 10 minutes

Serves: 1-2



Ingredients

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|--------------------------------------|----------------------------------|
| 2 tsp. EVOO | ¼ cup canned black beans |
| ¼ onion, diced | ⅛ tsp. kosher salt |
| 1 cup white button mushrooms, sliced | ½ small avocado, diced |
| 1 small clove garlic, finely minced | a few cilantro leaves (optional) |
| 2 large eggs | |

Instructions

1. Add olive oil to medium skillet over medium heat. Add onion and mushrooms and saute, stirring occasionally, until softened, about 5 minutes. Add garlic and cook for another minute, stirring occasionally.
2. Crack eggs into small bowl and beat with a whisk or fork. Pour over veggies. Add the black beans, salt, and pepper.
3. Stir constantly until eggs are cooked through (about 1 minute). Taste and add salt and pepper as needed.
4. Scoop onto plate(s) and top with diced avocado and cilantro.