

Beans on toast reimagined

by Jonathan Dillanes

I never imagined I'd be sharing a beans on toast recipe, but here we are! Avocado toast is delicious, BUT while avocado contains a little protein, it doesn't provide enough on its own to make for a protein-packed, well-rounded breakfast. By adding some of my delicious frijoles de la olla, you add more carbs AND protein, making it a great start to your day for you and your family and great for animals, too!

Ingredients

- Black beans (cooked and strained/canned also works great) OR [frijoles de la olla](#)
- Sourdough
- Avocado
- Pickled beets
- Side of fresh fruit (I like to do whatever is in season)
- Salsa of your choice
- Salt and pepper

Instructions

1. Toast your sourdough.
2. Spread on your avocado and sprinkle with salt/pepper.
3. Add on your warmed frijoles, beets, and salsa. You can really add anything you want on here. Sometimes I do fresh red onions or swap out the salsa for chili crunch. The important part is the beans and avocado base.