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Black Beans

1 (16 ounce) can black beans
1 small onion, chopped
1 clove garlic, chopped
1 tbsp chopped fresh cilantro
1/4 tsp cayenne pepper or chipotle
salt to taste

In a medium saucepan, combine coconut oil/coconut ghee/butter, onion and garlic and sauté until onion is translucent and soft. Add beans and bring to a boil. Reduce heat to medium-low. Season with cayenne or chipotle seasoning and salt. Simmer 5 more minutes. Turn off the stove and stir in the cilantro.