



Black Bean Salsa

Servings- 2-6 servings

Prep Time- 15 min

Equipment Needed- Measuring cups, measuring spoons, knife, cutting board, large bowl, large mixing spoon, and a refrigerator.

INGREDIENTS

- 1- 15 oz can of black beans
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 onion, diced
- 2 cans diced tomatoes, drained
- 2 cloves garlic, diced
- 2 teaspoons ground cumin
- 1 teaspoon dried cilantro
- 3 tablespoons rice vinegar, red wine vinegar, or apple cider vinegar
- Optional: 1– 15 oz can of corn

NUTRITIONAL INFORMATION

Possible Allergens: possible sensitivities to onions and garlic.

Health Benefits: the protein from the beans and vegetables offer benefits in helping maintain muscle mass and keeping up the immune system.

INSTRUCTIONS

- Drain and rinse beans
- Put beans and tomatoes into a large mixing bowl
- Dice peppers, onion, and garlic. Add to mixing bowl. Optional: mix in corn.
- Mix cumin, cilantro, and vinegar. Pour on top of beans and vegetables together. Stir well.
- Let chill in the refrigerator for at least 30 minutes before serving to help the flavors blend.
- Serve with baked whole grain tortilla chips. Enjoy!

RECIPE SOURCE

<http://whatscooking.fns.usda.gov/>