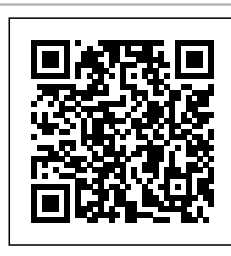


Black Bean Salsa



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Recipe by: Laura Vitale

Serves 6

Prep Time: 5 minutes

Cook Time: minutes

Ingredients

- __ 1 14oz can of Black Beans, drained and rinsed
- __ 1 14oz can of Whole Corn Kernels, drained and rinsed
- __ 6 Spring Onions, white parts and light green parts, chopped
- __ 2 Tbsp of Pickled Jalapenos, finely chopped
- __ ¼ cup of Fresh Cilantro, finely chopped
- __ 1 Plum Tomato, seeded and diced
- __ 1 Small Yellow or Red Bell Pepper, seeded and finely diced
- __ Juice of 1 Lime, or more according to taste
- __ Salt and Pepper, to taste
- __ ½ tsp of Ground Cumin
- __ 2 Tbsp of Olive Oil

Mix all ingredients into a large bowl and allow it to sit in the fridge for about half an hour so the flavors can blend. Serve with your favorite tortilla chips as a starter or snack and make sure you serve it along side your favorite Tex Mex dishes!

