

Black Bean and Corn Salsa

Servings: 8-10

INGREDIENTS

Amount	Item
1 can	Black Beans
1 can	Whole Kernel Corn
1 can	Tomatoes with Chilis
½	Small Red Onion
¼ cup	Lime Juice
¼ cup	Dry Parsley

Salt and Pepper to taste

METHOD

Finely dice the red onion. Open black beans, tomatoes, and corn. Rinse black beans. Place them all into a mixing bowl. Add lime juice and a pinch of salt and pepper. Cover and let sit in the refrigerator for at least 15 minutes. Serve with tortilla chips or as a topping for tacos.

For spice add jalapenos. Canned or fresh. Sub cilantro for parsley.

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