

Black Bean Salsa

This salsa uses fresh and canned vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes and smells.

Makes: 12 servings

Ingredients

- 1 can low-sodium black beans, drained and rinsed (15.5 ounces)
- 2 cans low-sodium diced tomatoes, drained (14.5 ounces each)
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 onion, diced
- 2 cloves garlic, diced
- 2 teaspoons ground cumin
- 1 teaspoon dried cilantro
- 3 tablespoons rice vinegar (or red wine vinegar or apple cider vinegar)



Directions

1. Put beans and canned tomatoes into large mixing bowl.
2. Add peppers, onion, and garlic to the mixing bowl.
3. Mix cumin, cilantro, and vinegar. Pour on top of beans and vegetables.
4. Stir well.

Note: Serve with whole grain tortilla chips, or use the salsa to top a burrito bowl, chicken, eggs, or fish.

Recipe from: Cornell University Cooperative Extension, adapted by the USDA Food and Nutrition Administration.

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