

# Black Bean Salsa

**Prep time:** 15 minutes

**Makes:** 26 Servings

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.

## Ingredients

- 1 can** Black beans, canned, drained and rinsed (15 ounce can)
- 1** bell pepper, green (diced)
- 1** red bell pepper (diced)
- 1** onion (diced)
- 2 cans** diced tomatoes (canned, drained)
- 2 cloves** garlic (diced)
- 2 teaspoons** ground cumin
- 1 teaspoon** dried cilantro
- 3 tablespoons** Rice vinegar (Can use other vinegar such as red wine vinegar or apple cider vinegar)

## Directions

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

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>31</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>70 mg</b>
<b>Total Carbohydrate</b>	<b>6 g</b>
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	0 g
<b>Protein</b>	<b>2 g</b>
Vitamin D	0 mcg
Calcium	23 mg
Iron	1 mg
Potassium	154 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
 Vegetables	1/4 cup

## Notes

Serve with baked whole grain tortilla chips.

Eat Smart New York. Cornell University Cooperative Extension Erie County.