

Black Bean Salsa

It is NCAA Tournament time and that means parties. Parties mean chips and chips need dip. Here is a quick easy Black Bean Salsa that will be a hit at any party for the next big game.



Enjoy.

from William J. Burnett

ingredients

4 cups leftover Black Beans (cooled) or 2 15 ounce cans of Black Beans drained.

2 cups of Frozen Super Sweet Corn (yellow or white), thawed.

1 - 2 large Avocados peeled and cut into small cubes

1 medium Yellow Onion, diced

1/3 cup of chopped Fresh or Freeze Dried Cilantro Leaves (optional)

juice of 1 medium sized Lime

1 Tbls Red Wine Vinegar

1 Bell Pepper any color, chopped

4 Roma Tomatoes chopped.

1 Clove Garlic, minced

1 - 3 Tbls of the Jalapeno Paste from Sister Brown's Salsa (this recipe is contained in Things We Like To Eat Vol. 1) or 1 - 3 of any or all of the following peppers: dried Ancho Peppers ground into a powder, diced Poblano Peppers, fresh Jalapeno Peppers diced, 1 -2 Tbs canned Chipotle Peppers, or for the really brave, diced Habanero Peppers

Salt and Pepper to taste

directions

1. Smash one cup of the black beans.
2. Combine all the ingredients in a large bowl and mix.
3. Cover the bowl and refrigerate for several hours prior to the party.
4. Serve with your favorite chips.