

Herbal Legacy Recipes

Black Bean Salsa

From www.amyiscookin.blogspot.com

INGREDIENTS

- 2 C. soaked and gently cooked black beans
- 2 C. corn kernels
- 2 C. chopped tomatoes
- 1-2 T. finely chopped green chilies
- 1/2 cup chopped green onion
- 1-2 T. chopped cilantro
- 1/2 tsp. cumin
- dash of salt



DIRECTIONS:

Mix all ingredients together and serve. For better flavor you can make ahead of time and keep in fridge to allow the flavors to meld together. Serve with chips, on salad, on enchiladas, the possibilities are endless.

*canned beans may be used, look for ones that are low in sodium.

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