

Southwestern Salsa

Originally from Angi. Sally likes to make this for potluck dinners and for light summer meals.



Ingredients:

- 2, 15 oz. cans black beans, rinsed and drained
- 1, 15 oz. can corn drained
- 1 small purple onion (1 cup)
- 1 red bell pepper
- 1 small bunch fresh cilantro (1/2 cup)
- 1 small bunch fresh parsley (1/2 cup chopped)
- 1 lime (1/3 cup juice)
- 3 cloves garlic
- 1 1/2 tsp. Cumin Seeds
- 1/4 cup olive oil
- 1/2 tsp. salt
- 1 tsp. dried crushed red pepper
- 1/2 tsp. freshly ground black pepper

Equipment:

- Colander

Southwestern Salsa:

☑	Directions	Time (min)
	Rinse and drain 2 cans black beans	2
	Drain 1 can corn	1
	Mince purple onion (1 cup)	2
	Mince red bell pepper	1
	Chop cilantro and parsley (1/2 cup each)	3
	Squeeze juice from lime and set aside	2
	Peel and crush 3 cloves of garlic	2
	Toast 1 1/2 tsp. cumin seeds	3
	Toss to combine—beans, corn, onion, bell pepper, cilantro, and parsley	2
	In a small bowl, whisk together 1/3 cup lime juice, 1/4 cup olive oil, garlic, 1 tsp. crushed red pepper, 1/2 tsp. black pepper, 1/2 tsp. salt, and cumin seeds	2
	Pour liquid over salad and toss to combine	1
	Refrigerate up to a week	
	Total	21