



# Black Bean Salad

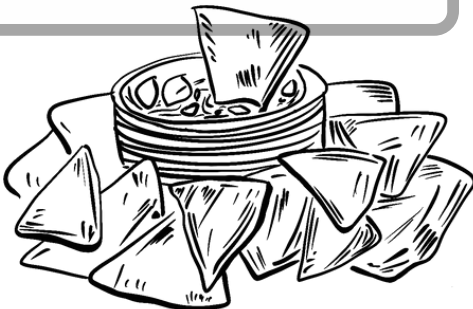
Prep Time: 15 mins Serves: 8

## Ingredients:

- 16 oz canned or frozen black beans
- 16 oz canned / frozen corn
- 1 large tomato
- 1 orange bell pepper
- 2 Tbsp cilantro or parsley, chopped
- 1 cup purple cabbage, shredded or cut small
- Juice from 1 lime, or more to taste
- 2 tsp olive oil
- 2 tsp cumin
- $\frac{3}{4}$  tsp salt
- 1 tsp pepper
- 1 tsp chili powder

## Instructions:

1. Thaw corn and beans under cool water in a strainer or drain and rinse canned vegetables.
2. Dice tomato, and bell pepper and add to large bowl.
3. Cut cilantro into small pieces with scissors.
4. Shred or cut cabbage.
5. Juice lime
6. Drain corn and black beans
7. Add all ingredients to bowl and mix well.



**Serve with chips as a dip, on a salad, or as a taco in a cabbage or lettuce leaf**