

## **Black bean and corn salsa**



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

### **About this recipe**

Serves

10

Serving size

1/2 cup

Time to make

15 minutes preparation

Special criteria

[Vegetarian recipes](#)

# Ingredients

- 1 15.5-ounce can black beans or 1 3/4 cups cooked black beans
- 2 cups frozen or canned corn
- 2 cups salsa
- 1 lime, juiced
- 2 teaspoons fresh cilantro, chopped
- 1 teaspoon cumin
- Optional: 1/2 cup onion, chopped
- Optional: 1/2 cup green pepper, chopped

# Directions

1. Drain and rinse corn and beans, if canned. Combine in a medium bowl.
2. Add salsa.
3. Mix in the lime juice cilantro, and cumin.
4. Mix in the optional ingredients if desired.

# Tips and variations

- Make cooked black beans from scratch to save money. Follow the instructions for the quick hot soak or overnight soak method found on [Preparing dry beans and whole dry peas](#).
- Reduce your sodium intake by using low-sodium beans and corn.
- Serve salsa as a dip with tortilla chips or as a side dish.
- Leftover salsa can add excitement to a variety of foods. Try it in eggs, on pizza, on pasta, or in soup.

# Nutritional info

Calories

99

Total fat

0.7 g  
Saturated fat  
0.1 g  
Cholesterol  
0 mg  
Sodium  
465 mg  
Total carbohydrates  
20.5 g  
Dietary fiber  
5.3 g  
Protein  
5.1 g  
Total sugar  
4.9 g

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