

BLACK BEAN SALSA

So yet another foray into that which is my insanity. Well, not this particularly, but what I made it to go in (more on that later). Anyways, I realized that this was pretty tasty on its own, so here it is!

INGREDIENTS

Qty.	Unit	Item
1	15 oz. Can	Goya Black Beans
1	15 oz. Can	Goya Yellow Corn
1/4	Average Size	Red Onion
4	Average Size	Roma Tomatoes
1/4	Cup	Fresh, Chopped Cilantro
1	Average Size	Lime
1	TSP	Cumin
2	TBSP	EVO
1/2	TSP	Morton's Kosher Salt
1/2	TSP	Black Pepper
1	Clove	Garlic
1/2	Cup	Diced green onions
1	TBSP	Tabasco Sauce
1/2	TSP	Cayenne Pepper
1	Medium to Large	Jalapeno

4 average size Roma tomatoes should yield about 2 cups seeded and diced tomatoes

1/4 of an average size red onion should yield 1/2 cup diced onions

Fresh cilantro has always kinda bugged me. I don't have that gene that makes it taste like soap, but it seems like anytime I need fresh cilantro, it always such a small amount relative to the bunch that you buy in the store. I suppose drying the leftovers is alternative, but then if I did that, why would I buy fresh in the first place??? I need to think about this one a bit

An average size lime should yield about 2 oz. (1/4 cup) of juice

Use whatever EVO you happen to like

Insert standard disclaimer about kosher salt here

I kinda have the same beef with green onions that I do with fresh cilantro. However, chopped green onions keep OK in the fridge and add a nice “something” to fried dishes and a great garnish raw

SPECIAL TOOLS

- None! (I think)

PREPARATION

- 1) Drain corn and black beans through strainers into 1 quart measuring cups [i, ii, iii]
- 2) Rinse, pat dry, and fine dice the ¼ red onion. You should get about ½ cup of diced end product
- 3) Rinse, pat dry, and chop fresh cilantro. You need ¼ cup, not loosely packed, but not densely packed, end product
- 4) Rinse, pat dry, and chop green onions. You need ½ cup end product
- 5) Mince 1 clove garlic
- 6) Rinse, pat dry, and juice the lime
- 7) Rinse, pat dry, deseed / degunk, and dice tomatoes
- 8) Rinse, pat dry, remove the stem, and finely dice, the jalapeno
- 9) Put the beans, corn, and diced tomatoes into a glass bowl and gently fold together with a wood spoon
- 10) Add the dice onion, diced jalapeno, minced garlic, and chopped cilantro next and gently fold together with a wood spoon
- 11) Gently fold in the rest of the ingredients a little bit at a time with a wood spoon
- 12) Cover with plastic wrap, pressing plastic wrap down so that it makes contact with the salsa and the bowl sides, and let sit in fridge for at least one hour [iv]
- 13) ENJOY!!!

NOTES

- i. Cover the strainers with saucers to prevent stuff from falling in
- ii. Some recipes will have you rinse the black beans after draining. I did not do this for a couple of reasons and it turned out fine!
- iii. Make sure you save the black bean juice. You may be able to use it for something. Lookup aquafaba (or something along those lines)
- iv. I think overnight is OK too, but make sure you stir it up before serving

PICTURES





















