

Corn & Black Bean Salsa

INGREDIENTS

1 can of black beans, drained and rinsed
1 can of garbanzo beans (chickpeas), drained and rinsed
2 cans tomatoes and green chilies (I used Rotel)
1 can whole sweet kernel corn, drained
1 small, or half a medium red onion, diced
1 table spoon minced fresh cilantro
1 clove of garlic, minced
½ teaspoon garlic powder
1 teaspoon ground cumin
Minced jalapeno to taste (I used about ½ teaspoon)
Salt, pepper, and Worcestershire sauce to taste



DIRECTIONS

1. In large bowl, combine all ingredients, stir to combine.
2. You can enjoy it immediately, but it is best if given at least an hour to rest and chill in an air tight container.

NOTES: I did not drain 1 can of the Rotel because I like the extra “sauce”, but if you do, you may need to reserve some and just add a little at the end. This will act as a vehicle for the flavors to blend.

If you want to add or subtract the number or types of beans, match the number of cans of tomatoes to that number. I found that a 1:1 ratio of cans of beans to cans of tomatoes will give you the best mix.