

# Black Bean and Corn Salsa with Tomatoes and Green Chilies

Adapted by Our Young Chefs from Ro-Tel.com

Makes 12  $\frac{1}{4}$ -cup servings

*This recipe is simple and easy to prepare year-round since it uses canned and/or frozen ingredients. If preparing in August or September, consider using fresh tomatoes with mild or spicy chilies and fresh corn.*



## INGREDIENTS

1 can (15-ounce) black beans,  
drained, rinsed

1 can (10-ounce each) diced  
tomatoes with green chilies,  
drained

$\frac{1}{2}$  cup whole kernel corn, fresh,  
frozen *OR* canned



*Lay the corn cob horizontally on a cutting board; cut the kernels from the cob using a sharp Chef knife.*

$\frac{1}{4}$  of a medium red onion,  $\frac{1}{4}$ -inch  
dice, to yield  $\frac{1}{4}$  cup

$\frac{1}{4}$  of a bunch fresh cilantro, finely  
chopped, to yield  $\frac{1}{4}$  cup

1 tablespoon lime juice  
 $\frac{1}{4}$  teaspoon (generous) ground  
cumin  
 $\frac{1}{4}$  teaspoon blended chili powder  
 $\frac{1}{4}$  teaspoon garlic powder  
Salt and freshly ground white or  
black pepper, as desired

## DIRECTIONS

**Prepare the salsa ingredients:** Drain the black beans in a small colander or sieve, rinse under cool running water. Set aside to drain briefly. When drained, place in a medium-size mixing bowl.

**Tomatoes:** In a separate colander or sieve, drain the canned tomatoes with chilies. When drained, add to the black beans in the mixing bowl.

**Corn:** If using fresh corn, peel the husks and remove the silks from 1 ear of corn. Cut the corn kernels from the cob by laying the cob horizontally on a cutting board. Use a sharp Chef knife to cut the kernels from the cob. Measure  $\frac{1}{2}$  cup corn kernels; add to the mixing bowl with the beans and tomatoes.

If using frozen *OR* canned corn, measure  $\frac{1}{2}$  cup corn kernels; add to the bowl with the beans and tomatoes. Frozen corn does not need to be defrosted before adding.

**Onion:** Cut the red onion in half lengthwise (from root to stem end); peel. Cut about a quarter of an onion into  $\frac{1}{4}$ -inch dice. Measure  $\frac{1}{4}$  cup diced onion; add to the bowl of salsa ingredients with the beans, tomatoes and corn.

**Cilantro:** Wash 8 to 10 stems of fresh cilantro under cool running water; dry by gently tossing in a cloth kitchen towel *OR* using a salad spinner. Remove/cut off the leaves and fine stems; finely chop. Measure  $\frac{1}{4}$  cup of the chopped cilantro; add to the bowl of salsa ingredients.

**Finish assembling and flavoring the salsa:** Wash a lime under cool running water with a drop of liquid dish detergent; rinse and pat dry. Cut the lime in half across the *horizontal* middle. Use a juicer or reamer to juice the lime. Measure 1 tablespoon lime juice; add to the bowl of salsa ingredients (*prepared above*) along with the cumin, chili powder and garlic powder. Using a flexible spatula, stir the salsa ingredients to blend. Taste, add salt and pepper, as needed. Cover; refrigerate 30 minutes (or longer) to allow the flavors to blend. ➡

---

Tortilla chips, tacos OR burritos  
(optional)

**Serve the salsa:** After the flavors have blended, serve the **salsa** as a dip with **tortilla chips**, as a garnish for **tacos** OR as a filling ingredient in **burritos**, as desired.

---