



*Black Bean
“Toss in What
You’ve Got”
Salad*





Black Bean “Toss in What You’ve Got” Salad

INGREDIENTS

1 lb cooked Doudlah Farms Organics Black Beans, rinsed and drained

1 ½ cups corn kernels, defrosted if frozen
(3 ears of grilled corn on cobb works best)

½ cup chopped shallots or Red Onion

1 jalapeño pepper, seeded and minced, or pickled jalapeño pepper, minced

1 red or green bell pepper, seeded and chopped

12 ounces cherry or grape tomatoes, halved

2 tbsp lime juice

1 tbsp extra-virgin olive oil or avocado oil

¼ tsp cumin and/or ½ tsp chili powder or cayenne (optional)

Pinch to ½ teaspoon sugar to taste to offset acidity

Salt and pepper to taste (smoked salts are good too if using chili powder)

1-2 avocado, seeded, peeled, and cut into chunks

½ cup chopped fresh cilantro (handful)

Serve with lime wedges

INSTRUCTIONS

Soak beans overnight or 6-8 hours. Drain and add fresh water to cover approximately 6-8 cups, bring to boil for 10 minutes and simmer until tender (60-90 minutes). For salads, I like my beans just a little less tender so they are not mushy and firm, but not hard.

In larger bowl, mix the beans, corn, onion, jalapenos, tomatoes, red bell pepper, lime juice, oil, and optional seasonings.

Add sugar, salt and pepper to taste.

Before serving, gently fold in the chopped avocados. If you make ahead, the beans will soak up dressing. Add another 2 tbsp lime juice and 1 tbsp olive oil to add more dressing.

Serve with lime wedges and chopped fresh cilantro.