



COOKING CLUB 2019-2020:
SIMPLY SANDWICHES

recipe

BLACK BEAN & CORN SALSA

SERVINGS: 16

★ HOW WE USED IT:

We added our Black Bean and Corn Salsa to a
TEX MEX BURRITO with taco meat and shredded
cheddar cheese!

ingredients

2 QUARTS CANNED BLACK BEANS

2.5 CUPS CORN

2 CUPS SALSA

1/2 CUP RANCH SALAD DRESSING

NUTRITION NUGGET:

Black beans are packed with fiber, which keeps your digestive system and heart healthy!

method

1. Drain beans and corn.
2. Mix beans, corn, and salsa together.
3. Stir in ranch dressing and blend gently.
4. Add 1/2 cup of salsa to your burrito or enjoy it on the side.