

# BLACK BEAN SALAD

GF

- > Here is the recipe!
- > 2 cans black beans, drained and rinsed
- > 1 cup (or so) frozen corn
- > 1/2 med red bell pepper, chopped about the same size as the corn
- > 1/2 med green bell pepper chopped
- > chopped cilantro if you like
- > 1T cumin <sup>1/4 c</sup>
- > 1/2 tsp oregano <sup>2Tbs</sup>
- > some olive oil and red wine vinegar (to taste)
- > 1/2 tsp garlic salt
- > chili powder - 1Tbs or 1 tsp
- > Mix it all up and let it sit for a couple of hours -- overnight is even better.
- > Adjust seasonings
- > You can adjust the proportions of beans, corn and peppers so that it looks pleasing to the eye.
- > Carol
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