

Black-Eyed Pea Salsa

Yield: 24 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/texas-salsa-recipe-italian-dressing>

Ingredients:

- 15 1/2 ounces black-eyed pea peas rinsed and drained
- 15 ounces black beans rinsed and drained
- 11 ounces white corn drained
- 1 1/3 cups salsa
- 3/4 cup green pepper chopped
- 1/2 cup green onions chopped
- 2 1/4 ounces ripe olives chopped, drained
- 1 jalapeno pepper seeded and chopped
- 1 italian salad dressing mix envelope
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- tortilla chips

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 19 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. Sodium: 190 milligrams
7. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Black-Eyed Pea Salsa above. You can see more 17 texas salsa recipe italian dressing Savor the mouthwatering goodness! to get more great cooking ideas.