

# Corn And Black Bean Salsa

Yield: 5 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-corn-and-bean-salsa-recipe>

## Ingredients:

- 2 cups sweet corn freshly shucked, about 4 cobs or 2 cups frozen
- 15 ounces black beans can of, drained or 1 1/2 cups cooked black beans, drained
- 1/4 red onion small, diced, about 1/4 cup
- 2 cloves garlic minced
- 2 jalapeños seeds and stems removed, diced
- 1/2 red bell pepper small, seeds and stems removed, diced, about 1/4 cup
- 1/4 cup chopped cilantro
- 1/2 teaspoon ground cumin
- 1/4 cup olive oil
- 2 tablespoons lime juice
- salt
- cayenne
- 4 slices bacon cooked, crumbled, optional

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 15 milligrams
4. Fat: 22 grams
5. Fiber: 9 grams
6. Protein: 10 grams
7. SaturatedFat: 5 grams
8. Sodium: 680 milligrams
9. Sugar: 3 grams

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