

# Mexican Three Bean Salad

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/pressure-cooker-great-northern-beans-mexican-recipe>

## Ingredients:

- 12 ounces frozen corn or 2 to 3 ears of fresh corn
- 15 ounces black beans drained and rinsed
- 15 ounces kidney beans drained and rinsed, I used light red
- 15 ounces great northern beans drained and rinsed, you can use canellini beans as well
- 1 red bell pepper diced
- 1 red onion small, diced
- 1 jalapeño or serrano chili, diced, optional
- 1/4 cup fresh cilantro chopped
- 2 avocado chopped
- 1/2 cup olive oil
- 2 tablespoons lime juice freshly squeezed
- 1/4 cup red wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1 garlic clove minced
- 1/2 teaspoon ground cumin
- 1 tablespoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ancho chili powder or any other chili powder
- chopped cilantro extra, optional

## Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 85 grams
3. Fat: 44 grams
4. Fiber: 26 grams
5. Protein: 26 grams
6. SaturatedFat: 6 grams

7. Sodium: 2200 milligrams

8. Sugar: 11 grams

---

Thank you for visiting our website. Hope you enjoy Mexican Three Bean Salad above. You can see more 20 pressure cooker great northern beans mexican recipe Get cooking and enjoy! to get more great cooking ideas.