

Mexican Bean Salad

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-mexican-corn-and-tomato-salad-recipe>

Ingredients:

- 14 1/2 ounces red beans drained and rinsed
- 14 1/2 ounces black bean drained and rinsed
- 1 cup corn
- 1 1/4 cups tomatoes diced
- 3/4 cup celery diced
- 3/4 cup onion diced
- 2 cloves garlic pressed or smashed and sprinkled with a pinch of salt
- 2 serrano pepper seeded and minced, you can also leave the seeds if you want a much spicier salad
- 3 tablespoons fresh cilantro cleaned and chopped
- 1 lime about 2-3 Tablespoons
- 1/2 teaspoon kosher salt
- 1/4 teaspoon fresh ground black pepper
- 1/2 teaspoon chili powder
- 3/4 teaspoon ground cumin

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 65 grams
3. Fat: 1 grams
4. Fiber: 18 grams
5. Protein: 22 grams
6. Sodium: 490 milligrams
7. Sugar: 5 grams

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