

## Black Bean Relish

Serves: 12

### Ingredients

3 cups dry black beans, soaked and drained	2 Tbsp. red onion, diced
1 cup cooked white rice	3 Tbsp. cilantro, chopped
1 cup corn, frozen or canned (drained and rinsed)	1 tomato, chopped
1 red bell pepper, diced	1 Tbsp. olive oil
1 yellow bell pepper, diced	3 Tbsp. apple cider vinegar
1 green bell pepper, diced	Pepper to taste

- ▶ Place beans in pot and add water to cover the beans.
- ▶ Bring to boil.
- ▶ Reduce heat and simmer for about one hour or until tender.
- ▶ Drain and rinse well under cold water.
- ▶ Mix black beans with remaining ingredients.
- ▶ Season to taste with pepper.
- ▶ Serve chilled.

Per serving: 193 calories, 35 g carbohydrates, 2 g fat, 0 mg cholesterol, 11 g protein, 11 mg fiber,  
2 mg sodium