

MARINATED BLACK BEAN SALAD

INGREDIENTS

- 2 ¼ cups cooked or canned **black beans***
- 2 cups frozen, fresh, or canned **corn***
- ½ cup chopped **green bell pepper**
- ½ cup chopped **red bell pepper**
- ¼ cup chopped **onion**
- 1 ½ teaspoon **lemon or lime juice**
- 1 teaspoon **dried parsley or cilantro flakes, optional**
- ⅛ teaspoon **ground cumin**
- ⅛ teaspoon **garlic powder**
- 1 cup **salsa**
- 1 teaspoon **oil**
- ¾ cup **shredded cheddar cheese, optional**

**Drain and rinse if using canned goods*

DIRECTIONS

1. In a large bowl, combine black beans, corn, peppers, and onion.
2. In a small bowl, whisk together lemon or lime juice, parsley or cilantro (if using), cumin, garlic powder, salsa, and oil.
3. Pour dressing over bean and vegetable mixture and toss to combine.
4. Cover and refrigerate for at least 30 minutes or longer to marinate.
5. Before serving, sprinkle shredded cheese over top of salad, if desired.

REFRIED BEANS

INGREDIENTS

- 1 pound **dried pinto beans**
- 8 cups **water**
- ¼ cup **oil**
- 2 cloves **garlic**, minced
- 3 tablespoons **sugar**
- 1 teaspoon **salt**
- 1 cup **shredded cheese, optional**

DIRECTIONS

1. Wash the beans well, then put in a saucepan with enough water to cover them (about 8 cups). Turn heat to high and bring to boil. Reduce heat to low, cover, and cook for 1 hour. Stir in the salt and sugar and continue to cook on low for 2 more hours, adding water when necessary.
2. Drain the beans and reserve some of the liquid. Heat oil in a large skillet over medium heat. Add garlic and cook for 1-2 minutes. Add beans and reserved bean liquid as necessary to mash until desired consistency is reached.
3. Serve with shredded cheese, if desired.