

Black Bean and Corn Salsa, Wenatchee School District
Vegetable/Meat Alternate

Ingredients	55-1/4 c. Servings		110-1/4 c. Servings		Directions
	Weight	Measure	Weight	Measure	
Black Beans (Dry or canned)		1.5 cups, cooked		3 cups, cooked	1. If dry, soak, cook till tender, strain, and cool. If canned, rinse and place in bowl.
Corn (Fresh or Frozen)		5 ears cut from cob or 1 cup frozen		10 ears cut from cob or 2 cups frozen	2. If fresh, husk corn, and cut kernels off the cob with a sharp knife. If frozen, thaw if desired but just adding it frozen will be fine too. Add to bowl.
Tomatoes, diced (range of varieties of fresh tomatoes as available)		1/2 gallon		1 gallon	3. Wash tomatoes. Dice tomatoes and add to bowl.
White onions, dice		2 cups		1 quart	4. Peel outside layer off onions. Dice onions.
Bell Peppers: Green, Yellow, Anaheim, Poblano - diced Add some seeded, diced Jalapenos for some heat		1 cup		2 cups	5. Wash peppers. Cut in half, remove and discard seeds and white center. Dice peppers.
Fresh Garlic, mashed		3-6 lg cloves		6-8 lg cloves	6. Peel garlic, mash
Fresh Cilantro, chopped		1 Bunch		2 Bunches	7. Wash and remove largest stems. Finely chop.
Lime Juice		Juice of 6 limes		Juice of 12 limes	8. Add lime juice to bowl
Salt		To Taste		To Taste	
Pepper		To Taste		To Taste	9. Combine all ingredients in bowl and fold together gently.

Variations:

Add as desired: Diced Cucumbers, Shredded Cabbage, Diced Fresh Pineapple, Diced Fresh Peaches or Commodity Frozen Peaches