

SOUTHWEST BLACK BEAN SALSA SALAD

Lindsey Seegers of Manna Food Center

INGREDIENTS

1 Tablespoon Blended Oil
1 Cup Onion, diced
1 teaspoon Chili Powder
1/2 teaspoon ground Cumin
1 1/3 Cup cooked Black Beans
1 teaspoon chopped Garlic
sprinkle of Salt
1/2 large Red Bell Pepper, diced (about 1/2 Cup)
4 Cups Kale, sliced thinly (about 1 bunch)
1 Tablespoon Olive Oil
1 1/3 Cup cooked Brown Rice
GDG salsa
Sour Cream
Tortilla Chips, crumbled, optional

DIRECTIONS

Heat a pan over medium heat and add oil.
Add onions and cook for 1 minute and softened.
Add chili powder and cumin, followed by black beans.
Cook for 2 minutes, stirring occasionally and then then add garlic, salt and diced bell pepper. Remove from heat.
In a separate bowl, toss kale with olive oil and divide amongst 4 plates.
Top kale with 1/3 Cup brown rice, and then an equal portion of black bean mixture.
Top with a heaping Tablespoon of salsa and a spoonful of sour cream.
Sprinkle over crumbed tortilla chips and serve with a cold Corona or Dos Equis Amber beer!