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# Veterans-For-Change

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## Black Bean and Tomato Salsa

Prep Time: 10 mins Total Time: 10 mins

## **Ingredients**

- > 1 cup(s) tomato(es), plum, seeded and diced
- > 1 cup(s) beans, black, rinsed
- 2 tablespoon scallion(s) (green onions), chopped
- 1 tablespoon cilantro, fresh, or parsley, chopped
- 1 tablespoon lime juice
- ➤ 1 1/2 teaspoon oil, olive, extra virgin
- ➤ 1 teaspoon pepper(s), chipotle chiles, in adobo sauce, minced, (1/2 1 teaspoon to taste)
- > 1/8 teaspoon salt

## **Preparation**

Combine all ingredients in a medium bowl; stir to blend. Refrigerate until ready to serve.

