BLACK BEAN DIP

Recipe submitted by Mike Bernhagen



Ingredients:

- 2 cans black beans rinsed and drained
- 1 can corn drained
- 1 small-med, red onion diced
- 2 plum tomatoes seeded and diced
- 1 avocado diced
- 3-4 T fresh lime juice

Instructions:

- 1. Mix all ingredients together.
- 2. Serve chilled!

- 2 T olive oil
- 1T vinegar
- ½ tsp pepper
- 1 tsp salt
- fresh cilantro finely chopped
- Hot sauce to taste
- Torilla chips to dip







Recipe deadline: May 31 2025

Submit to: cookbook@rainbowhospicecare.org

Questions: call 920-674-6255