

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

Instructions:

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

