

Black Bean and Corn Salad

Portions: 150

Ingredients:

| Amount | Item |
|----------|----------------------------------|
| 400 oz | Black Beans, canned |
| 100 oz | Corn, canned |
| 50 oz | Red Onions |
| 60 oz | Roma Tomatoes, cored and diced |
| 140 oz | Red Bell Pepper, cored and diced |
| 20 fl oz | Olive Oil |
| 20 | Garlic Cloves, minced |
| 40 | Limes, juiced |
| 10 cups | Cilantro, chopped |
| 3.5 oz | Salt |

Method:

1. Drain and rinse black beans and corn
2. Place in a large bowl
3. Add diced tomatoes, red peppers, and red onions
4. Add olive oil, lime juice, minced garlic, and cilantro
5. Season with salt
6. Mix salad well