

Eastern Black Bean Salad

Servings: 100 (1/2 cup portions)



Salad Ingredients

- 15 ¼ pounds canned black beans, rinsed and drained
- 2 no. 10 cans of corn (rinsed and drained) or 2 gallons of frozen (cooked and chilled)
- 4 bunches fresh cilantro, chopped
- 8 green peppers, diced
- 8 red peppers, diced
- 2 large onions, diced
- 6 cups of lime juice
- 3 cups of apple cider vinegar
- 1 cup of vegetable oil
- 1 ½ cup of sugar
- 2 tbsp of salt

Directions

1. In a large mixing bowl, combine all ingredients and mix well.
2. Best if made ahead and chilled for at least 2 hours.
3. Drain off the liquid before serving.

Credibility

1/4 cup legume

1/4 cup starchy veggie

Recipe courtesy of Amherst Regional Public Schools