

Black Bean Corn Salsa

Fresh Black Bean Corn Salsa recipe with zesty lime, cilantro and jalapeños. Perfect for chips, tacos, or grilled meats. Ready in 15 minutes!

45 min

PREP

45 min

TOTAL

4

SERVINGS

Black Bean Corn Salsa

Ingredients

- 15 oz black bean
- 1 bell pepper
- 1 red onion
- 1 jalapeno pepper
- 1 tomato
- 1 cup cilantro (coriander)
- 2 tbsp lime juice
- 2 tbsp olive oil
- 1 tsp cumin
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the beans**

Drain and rinse the 15 oz black beans in a fine mesh strainer under cold running water until the water runs clear, about 1 minute.
- 2 Prepare the vegetables**

Dice the red bell pepper into ¼-inch pieces. Dice the red onion into ¼-inch pieces. Remove seeds from the jalapeño and mince finely. Dice the tomato into ¼-inch pieces, removing excess juice and seeds.
- 3 Combine main ingredients**

Add the drained black beans, 1 cup corn kernels, diced red bell pepper, diced red onion, minced jalapeño, and diced tomato to a large mixing bowl.
- 4 Make the dressing**

Add 2 tablespoons lime juice, 2 tablespoons olive oil, 1 teaspoon ground cumin, 1 teaspoon salt, and 1 teaspoon black pepper to the bowl.
- 5** Gently fold all ingredients together using a large spoon until evenly distributed, being careful not to mash the beans.
- 6** Cover the bowl with plastic wrap and refrigerate for at least 30 minutes to allow flavors to meld together.
- 7** Taste and adjust seasoning with additional salt, pepper, or lime juice as needed before serving.

Tips

For the best texture and flavor, drain and rinse canned black beans thoroughly to remove excess sodium and starchy liquid.

If using fresh corn, cut kernels from 2-3 ears of corn. For enhanced flavor, grill the corn briefly before cutting off the kernels.

Remove seeds from jalapeños for less heat, or leave them in if you prefer more spice. Always wash hands thoroughly after handling hot peppers.

Let the salsa rest in the refrigerator for at least 30 minutes before serving to allow flavors to meld together.

Add diced avocado just before serving to prevent browning, or squeeze extra lime juice over it to help preserve color.

For a smokier flavor, char the bell peppers and corn over an open flame or under the broiler before adding to the salsa.

This salsa tastes even better the next day, so consider making it ahead of time for parties or meal prep.

Store leftovers in an airtight container in the refrigerator for up to 4 days, stirring before each use.