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BLACK BEANS FACT SHEET

- History:** Black beans are a long-standing favorite in Mexico, Central and South America, the Caribbean and the southern United States.
- Description:** Also called Turtle Bean, Mexican Black Bean and Spanish Black Bean, these beans are sweet and earthy with a touch of mushroom flavoring.
- Uses:** Black beans are favorites for thick soups and chili. They are frequently paired with rice in Mexican, Caribbean and Latin American dishes.
- Recipes:** Popular recipes include Black Bean Salad, Black Bean Soup and Traditional Black Beans and Rice.

Bush's Best Black Bean Salad

- 1 (15-oz.) can Bush's Black Beans, drained
- 1 red bell pepper, seeded and deribbed
- 1 green bell pepper, seeded and deribbed
- 1 yellow bell pepper, seeded and deribbed
- ½ cup red onion
- 1 can of corn, drained
- 1 clove garlic, minced
- 1 teaspoon cilantro
- 1 teaspoon parsley, chopped
- ¼ cup olive oil
- 4-5 tablespoons red wine vinegar
- 1 teaspoon lime juice
- Freshly ground pepper (to taste)
- Salt (to taste)

Tortilla chips

Cut all bell peppers and red onion into ¼ inch dice. In a salad bowl, combine bell peppers, onion, corn kernels, garlic, cilantro and parsley and toss to mix. Add olive oil, vinegar, lime juice and salt and pepper to taste and toss again. Add Bush's Black Beans, toss well and serve with tortilla chips.

Serves 6-8.

Fun Bean Fact: Originally cultivated some 7000 years ago, beans are one of the first crops grown by humans. (northharvestbean.org)