

Black Bean Lime Salsa

submitted by nguthrie



Per serving: 198 Calories • 33g Carbs (10.9g Fiber) • 4g Fat • 9.5g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 tbsp **Olive oil** (13.5 grams)
- 1 tbsp **Balsamic vinegar** (16 grams)
- 2 clove **Garlic** (6 grams)
- 2 cup, chopped or sliced **Tomatoes** (360 grams)
- 1/2 lime yields **Lime juice** (22 grams)
- 1/4 tsp **Chili powder** (0.65 grams)
- 1 onion **Onions** (331 grams)
- 1/2 tsp **Salt** (3 grams)
- 2 cup **Canned black beans** (520 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Dice onion, garlic, tomatoes.
2. Combine all ingredients in bowl, and let sit for 20 minutes. Serve when ready to enjoy.