

## SMOKY BLACK BEAN SALAD

1 1/3 C (250 g) dried black beans or  
2- 14 oz. (400 g) cans black beans, drained and rinsed

2 garlic cloves, crushed  
1 chipotle chile, seeded and finely chopped or 1 tsp chili powder  
1/2 tsp ground cumin  
1/2 tsp ground coriander  
2 tsp salt  
1 tsp black pepper  
3 T red wine vinegar  
1/4 C (60 mL) olive oil  
1 recipe salsa fresca (below)  
6 T crumbled feta cheese, or queso fresco

If using dried beans, place in a large pan with cold water and cover by 2 in (5 cm). Bring to boil. Boil hard for 10 min. Lower heat and simmer until the beans are tender, 1-1½ hours. If necessary, add hot water to keep beans covered throughout the cooking time. Drain thoroughly and set aside.

For dressing, combine garlic, chipotle or chili powder, cumin, coriander, salt, pepper, vinegar, and oil. If using dried beans, pour dressing over hot cooked beans. If using tinner beans, place dressing in a small pan, bring to boil, and pour hot dressing over rinsed canned beans. Mix gently to coat beans. Add salt, pepper, and more chili powder to taste. Set aside for 30 min to allow flavors to combine.

Pour salsa fresca over beans. Sprinkle with feta or queso fresco. Serve chilled or at room temp.

### Salsa Fresca:

6 medium tomatoes, diced  
1 C red onion, diced  
1 bell peppers, diced  
1 T fresh lime juice  
3 T cilantro, chopped

Combine ingredients in a bowl. Add salt and pepper to taste. Set aside for 30 min to allow flavors to combine.