

# McDougal's Farm LLC

What's Growing On!

Recipes

## May's Black Bean Salsa

### May's Garden Fresh Black Bean Salsa

- 1 can (15 oz.) black beans
- 2 small green onions chopped (greens and all) or ½ cup chopped onion
- 2-4 cloves garlic, crushed
- 2-3 large ripe tomatoes, diced
- 2 jalapeno peppers, remove seeds and finely chop
- 1 teaspoon of ground cumin
- ½ teaspoon celery seed or chopped fresh celery tops
- ½ teaspoon chili powder
- ¼ cup cilantro, chopped
- ¼ cup flat leaf parsley, chopped
- 1 Tablespoon lemon juice
- ½ teaspoon salt

Mix all together and serve with tortilla chips