

# Bean Salad

**Servings:** 6

**Calories:** ~380/serving

**Time:** 30m

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## Ingredients

- 3 cans black beans
  - 1 cups cooked rice
  - 1-2 bunches of green onions
  - 2 ribs celery
  - 3 cloves garlic
  - 1 cup shredded cheddar
  - zesty italian dressing
  - frozen corn
  - jalapeno
  - red bell pepper
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## Instructions:

- Cook and cool rice
- Drain and rinse black beans
- Slice celery into small pieces
- Mince garlic
- Thaw/cook corn partially
- Dice bell pepper and jalapeno
- Mix everything together in bowl
- Add ½ bottle of Italian dressing and season with salt and pepper to taste

Source: Mom

Made on: 2018/07/19