

Avocado and Bean Salsa

Kate Myers

1 – 15.5 oz. can of tomatoes and diced chilies (reserve $\frac{1}{2}$ of the juice)

1 – 15.5 oz. can black beans drained and rinsed

1 – 15.25 oz. can white shoepeg corn drained and rinsed

1 red bell pepper chopped

2 cloves garlic chopped fine

$\frac{1}{2}$ onion chopped

1 Tablespoon extra virgin olive oil

1 Tablespoon cumin

$\frac{1}{2}$ teaspoon chili powder

2 ripe avocados pitted, scooped from the shell, diced

$\frac{1}{4}$ cup fresh squeezed lime juice

Combine all ingredients and serve with chips.