



## **Black and Red Bean Salad**

### **Ingredients:**

- Hearts of Romaine lettuce, rough chopped
- 2-3 diced fresh tomatoes
- 1 avocado, peeled and cubed
- 1 10 oz can of kidney beans, rinsed and drained well
- 1 10 oz can of black beans, rinsed and drained well
- 1 small onion, chopped
- 1 cup Monterey Jack cheese, shredded
- 1-1/2 cups mayo or your choice of
- 2 T catsup
- dash of Tabasco
- 1 tsp taco seasoning
- 1 tsp ground cumin

### **Directions:**

1. Layer the lettuce, tomatoes, avocado, beans, onion, and cheese in a large clear salad bowl.
2. Combine the rest of the ingredients for the dressing.
3. Pour dressing over the salad.
4. Toss *lightly* and refrigerate until served.
5. Sprinkle with fresh chopped Cilantro, if desired.
6. Serves 4.

*Bon Appétit!*