

Tim's Mango Black Bean Salsa Recipe

Essential Ingredients

3 medium Tomatoes	I prefer vine ripened tomatoes. Get organic if possible
1 – 2 Mangos	The riper the better! Lots of green skin is unripe. I use 2.
1 Bell Pepper (Red, Orange or Yellow)	Organic is important for bell peppers. NOT green peppers.
½ bunch Cilantro	Be sure to rinse thoroughly or you may get dirt in the salsa.
1 Lemon	No need for organic. Just get out the seeds before adding.
1 can Tomato Paste	Try and get organic if possible. I like Muir Glen.
1 can Black Beans	Drain the black beans well. Organic is preferred.
Himalayan (Pink) Rock Salt to taste	Start with a little, and then add more.

*This will make about 2 jars of salsa and last for several days in the fridge. I generally double or triple the batch to eat throughout the week.

Optional Ingredients

½ sweet Onion	You may find the salsa thicken too much with it.
1-3 cloves Garlic	Garlic is a MAJOR allergen for most people. Causes gas.
1-2 Hot Peppers	Serrano peppers are my favorite.
1-2 Tomatillos	These are ok to use, just a little expensive and hard to find.

* I usually DON'T add these, but they are popular ingredients. I feel there are drawbacks to each one and the salsa is best with just the essential ingredients. If you find yourself getting gas or a runny nose after eating it is a sign of an allergic reaction and remove these optional ingredients next time.

Directions

1. Rinse all ingredients. Set the blender on the lowest setting possible. Process all ingredients for 30-60 seconds until chopped but chunky. After processing in the blender dump all ingredients into a large bowl.
2. Cut tomatoes into 4-5 and bell pepper into 7-8 smaller pieces. This will keep them processing evenly.
3. Add only the tomatoes into the blender first. You may need to split the tomatoes into 2 batches so you don't overfill the blender above ½ capacity.
4. Add the bell peppers to the blender and process.
5. Cut and peel the mangos. Rip off the lower half of the cilantro to remove the stalks. Put the cilantro in the blender first, then the mango and process. DO NOT puree! The mango should still be chunky and the cilantro should still look slightly leafy, it shouldn't look like a green paste.
6. Juice a lemon and add it to the salsa bowl.
7. Drain the black beans. Add beans and tomato paste to the salsa bowl.
8. Process and add in optional ingredients if desired.
9. Mix thoroughly!
10. Taste the unsalted salsa, add about a teaspoon, and then taste again. Add more if necessary.

Suggested Uses

- Enjoy with **GLUTEN FREE chips**. My favorites are R.W.Garcia Tortilla Chips, Nut Thins (Cheddar Cheese), Veggie Straws and Pop Chips (BBQ). Take large scoops of salsa and minimize the chips to reduce the amount of carbs.
- Use as a sauce over baked/boiled (skinless) chicken breast or fish.
- Put on a salad as a dressing. It's delicious, nutritious and very low calorie.
- Spoon a little in a turkey or roast beef cold cut and roll up like a taquito.