



Mountain Momma's Black Bean Avocado Summer Salad

Directions

1. Prepare Mountain Momma Organics Black Bean Soup Mix using package instructions. Soak beans for 24 hours and use 8 cups of fresh water (not 10) to cook soup mix on stovetop. Simmer covered for 1-2 hrs. or until beans are just soft. Do not overcook beans!
2. Remove cover. Stir often. Continue to simmer on low heat until liquid is evaporated off and bean mix remains slightly moist. Avoid smashing beans. Refrigerate bean mix until chilled.
3. Prepare Salad Dressing by combining olive oil, avocado, cilantro, and lime juice.
4. Gently combine all Salad Mix ingredients with the chilled Black Bean Soup Mix. Add Salad Dressing and gently toss.
5. Place bed of lettuce on serving plate and top with black bean salad mix. Garnish as desired with cheese, extra cilantro, tortilla chips, etc. Enjoy!

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Ingredients:

MMO Black Bean Soup Kit
Organic Baby Leaf Lettuce

Salad Dressing

- 2 organic avocados, mashed
- 7-1/2 oz. olive oil
- ½ cup organic cilantro, freshly chopped
- 4 tablespoons lime juice, freshly squeezed

Salad Mix

- 2-1/2 c organic grape tomatoes, halved
- 2-1/2 c organic corn, whole kernel
- 1 large organic sweet red pepper, chopped
- 1-1/4 c organic raw pumpkin seeds, toasted
- 2-1/2 c organic red onion, chopped



Healthy Food to Feel Good About