

Amy's Creamy Black Bean Corn Salsa

This salsa is so refreshing and addictive. It's a huge hit every time I make it...simply awesome!

Recipe by [Remedios Vargas](#) | Created on **Nov 16, 2021**

Ingredients

- 1 (15 ounce) can black beans, drained and rinsed
- 1 ½ cups frozen corn, thawed
- 1 cup minced red bell pepper
- ¾ cup minced green bell pepper
- ½ cup minced red onion
- 1 tablespoon minced fresh parsley
- ½ cup sour cream
- ¼ cup mayonnaise
- 2 tablespoons red wine vinegar
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ? teaspoon ground black pepper

Directions

- Combine black beans, corn, red bell pepper, green bell pepper, onion, and parsley together in a bowl.
- Whisk sour cream, mayonnaise, red wine vinegar, cumin, chili powder, salt, garlic powder, and black pepper together in a separate bowl; pour over vegetable-bean mixture. Toss gently to coat.

Nutrition Facts

Serving: **16 servings** | Calories: **86 kcal** | Carbohydrates: **9.7 g** | Protein: **2.6 g** | Saturated fat: **1.4 g** | Cholesterol: **4.5 mg** | Sodium: **201.3 mg** | Fiber: **2.7 g** | Sugar: **1.4 g**

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