

# 15 MINS BLACK BEANS SALAD - MEXICAN RECIPES

## 15 Mins Black Beans Salad



*This colorful salad features black beans, onion, tomato, tangy lime juice, zesty cilantro and some seasonings. This colorful, high fiber, high protein salad makes a great side dish, appetizer served with chips, or lunch served with fresh tortillas. This salad is low in fat and loaded with antioxidants and fibers. Black beans make a complete protein when paired with brown rice, which is often why they are so commonly included in a vegetarian diet.*



### Ingredients

**1 Can (15 oz) Cooked Black Beans**  
**1/2 Cup of Onion, Finely Chopped**  
**1 Roma Tomato, Finely Chopped**  
**1/2 Green Bell Pepper, Finely Chopped**  
**1/2 Cup of Corn, Boiled**  
**1 Tbsp of Jalapenos, Chopped**  
**1 Tsp of Goya Adoba All Purpose Seasoning**  
**1 Tsp of Goya Sazonador Total Seasoning**  
**Dash of Pepper**  
**Dash of Salt**  
**2 Tbsp of Lemon Juice**  
**1 Tbsp of Olive Oil or Chipotle Mayonnaise**

### **To Garnish**

**1 Green Onion, Finely Chopped**  
**2 Tbsp of Cilantro, Finely Chopped**

### **Method**

- **Boil the corn in microwave for 2-3 mins.**
- **Combine all the ingredients in a large bowl and mix well.**
- **Cover and chill it for 15-30 mins.**
- **Right before serving, garnish it with chopped green onion and cilantro.**
- **If you don't get black beans, try the same recipe with chick peas/chenna, rajma etc..**
- **Black Beans salad is ready to serve. Enjoy**  

## 15 Mins Black Beans Salad



### Tips

- **Serve it with tortilla chips.**
- **You can also add mashed avocado, after refrigerating.**
- **Use red onion instead of white onion.**
- **If you don't have mexican seasoning, just use salt, pepper and cumin powder for seasoning.**
- **If you don't get black beans, try the same recipe with rajma or chenna/chickpeas.**

### Health Benefits of Black Beans

- **Black beans are an excellent source of the trace**

mineral, molybdenum, an integral component of the enzyme sulfite oxidase, which is responsible for detoxifying sulfites.

- Good for diabetes and rich in dietary fiber.
- Lowers cholesterol levels.
- Rich in antioxidants.



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**CREAM OF MUSHROOM SOUP – SOUP**

# RECIPES



Soups are a good appetizer to a meal. A good mushroom soup makes the most of the subtle and sometimes rather elusive flavor of mushrooms. You can use white button mushrooms or shitake mushroom or portabella. But here I used Baby Bella Mushroom for this recipe. You can also use this soup to make [Green Bean Casserole](#). Good to eat this hot soup on cold evening.

## Ingredients

5 – 7 Whole Baby Bella Mushroom

1 Tbsp of Olive Oil  
2 Tbsp of Butter  
1 Medium Size Onion, Finely Chopped  
1 Garlic Clove  
1 Tbsp of All Purpose Flour (Maida)  
1 Cup of Full Fat Milk  
1/2 Cup of Water  
Pinch of Dried Basil ( Opt)  
Salt and Ground Black Pepper to taste  
Green Onion to garnish

## Method

- Wash and finely slice the mushroom.
- Heat the oil and 1 Tbsp of butter in a pan. Add chopped onion, garlic, fry for 1-2 mins until it turns golden brown.
- Add mushroom, fry for about 1-2 mins, stir frequently and then cover and simmer it for 2 mins.
- Add flour and cook for 1 min.
- Add milk and water, bring to the boil and simmer , covered, for 5-7 mins.
- Pour into a blender and add salt, dried basil and black pepper and grind until smooth.
- Melt the rest of the butter in a pan and fry the remaining mushroom gently for 3-4 mins until they turn tender.
- Pour the soup into a soup bowl and stir in the fried mushroom.
- Sprinkle some green onions and pepper and serve hot.



## **CREAM OF MUSHROOM SOUP**

### Tips

- It tastes really great with butter toasted bread.
- Vegetable or chicken broth can be added to this recipe, for extra flavor.
- Light or heavy cream can be added, for extra creaminess.

### Health Benefits of Mushroom

- Rich in vitamin D and anti-oxidants.
- Boost your immune system.
- Kick up your metabolism.



**CREAM OF MUSHROOM SOUP**

sending this recipe to



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**LO MEIN RECIPE / VEGETABLE LO  
MEIN NOODLES RECIPE**



*Lo Mein Recipe means "tossed noodles". In American Chinese restaurant, lo mein is a popular take-out food. Lo mein noodles are usually stirred with a sauce made from soy sauce and other seasonings. Certain vegetables are added to these noodles such as bok choy, green peppers, carrot and mushroom to make vegetable lo mein noodles. Try this easy chinese vegetarian lo mein dish for dinner or lunch.*

## **Ingredients**

- 2 Handful of Multigrain Spaghetti
- 1/4 Cup of Mushroom
- 1/4 Cup of Red Onion, Diced
- 1/4 Cup of Green Peppers, Diced
- 1/4 Cup of Spinach
- 2 Tbsp of Peas
- 1/4 Cup of Carrot, Diced
- 2 Garlic Cloves
- 1/2 Tsp of Red Chilli Flakes

- 1 Tbsp of Olive Oil or Sesame Oil

## To make Sauce

- 1 Tsp of Black Bean Paste
- 1 Tsp of Soy Sauce
- 1 Tsp of Chilli Sauce
- 1/2 Tsp of Salt
- 1/2 Tsp of Sugar
- Dash of Pepper Powder
- 1 Tsp of Hoisin Sauce

## Method for lo-mein



- Cook the spaghetti according to package directions. Boil the spaghetti in water with a tsp of salt and oil. Wait for sometime. Once it get cooked, drain the water and rinse it with cold water to avoid stickiness.
- Heat a pan with oil, add red chilly flakes, chopped garlic and onion. Fry till onions are transparent.
- Add all the veggie's ( Carrot, Green Bell Pepper, mushroom and spinach) Fry for 2 mins. Sprinkle some water and then cover pan with a lid so that all veggie's get cooked.

- Then add the sauce. Mix/Toss it so that veggie's absorbs the sauce. Let it cook for 2 mins. Turn off the stove.
- Finally add cooked spaghetti. Toss for 30 secs and let the liquid absorbs.
- Transfer to a serving dish. Ready to eat.



### **Tips**

- Use olive oil, it gives you a nice taste.
- Try to use whole wheat or Multi grain Spaghetti , because they are rich in fiber.
- You can also add chestnuts, bok choy, green onion, bean sprouts to this recipe.

### **Health Benefits of Spaghetti**

- Good source of vitamin A, it promotes healthy vision,

skin and bone growth.

- Rich in folic acid, aids in preventing megaloblastic anemia, a serious medical condition.
- It is a good source of potassium so it supports cardiovascular health, and proper muscle function.

[foody-buddy.blogspot.com](http://foody-buddy.blogspot.com)



**Veggie Lo Mein**