

# Heritage Recipes

You can share old family recipes and traditions

## Ken's Fiesta Beans

From Ken

I came up with this recipe a couple of years ago, which I call Ken's Fiesta Beans. This makes a great dish to take to a family reunion, picnic or block party and is so easy! This recipe is served cold and thus you can make ahead and keep refrigerated until ready to serve.

I always share recipes and so many of my friends and family members have asked for this recipe. Beans are so good for you . . . they are low in fat and are a good source of protein, vitamins and minerals, as well as being high in fiber.

### Ken's Fiesta Beans

Ingredients:

1 can (15 oz. each) of the following, Black beans, Dark Red kidney beans, Light Red Kidney beans and Garbanzo beans or Chick Peas, rinsed and drained

2 cups of your favorite salsa (You call on using mild, medium or hot Picante sauce or chunky salsa or a combination of both.)

1/4 cup canola oil

1/4 cup lime juice (You may use fresh or bottled lime juice.)

1 1/2 tsp. chili powder

1/2 tsp. ground cumin

Directions: In a large bowl, combine rinsed and drained beans, salsa, lime juice, chili powder and cumin. Mix well. Cover and chill in your refrigerator for at least 2 hours or overnight. Another way to store is to place combined ingredients in a plastic storage bag. Yield: 8 - 10 servings.

Note: Should you have any leftovers, the Fiesta Beans will last 3 to 4 days in your refrigerator.

Hope you and your family enjoy!!!

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