



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Confetti Bean Salsa



Serves: 6

Serving Size: ½ cup

Ingredients:

- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15.5 ounces) black-eyed peas, drained and rinsed
- 1 can (11 ounces) corn, drained and rinsed
- 1 cup salsa

Directions:

1. Wash hands.
2. Combine beans, peas, corn and salsa in a medium-size bowl. Mix.

*To spice it up add a few drops of hot sauce or chopped green chilies.

*Serve with baked tortilla chips or spoon over chicken, fish or brown rice.

Recipe adapted from Ohio State University Extension

Nutrition Facts

6 servings per recipe

Serving size ½ cup (236g)

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 980mg **43%**

Total Carbohydrate 29g **11%**

Dietary Fiber 7g **25%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 1.8mg **10%**

Potassium 0mg **0%**

Vitamin C **15%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and this work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at extension.sdstate.edu.

© 2025, South Dakota Board of Regents

S-0010-01-Confetti-Bean-Salsa