

# Black bean Mango salsa Stuffed Tomatoes



Serves: 3-6



Cooking Time: -



Level: Easy



## INGREDIENTS

2 cups Can/Cooked Black Beans  
½ cups Parsley  
2 Corn  
½ Red Onion  
1 Mango  
6 Big Tomatoes  
1/2 Red or Yellow Bell peppers  
2 Limes  
½ tablespoons Grapeseed oil  
Salt to Taste

## PREPARATION

1. Drop the corn into a large pot filled with boiling salted water. Cover the pot and let the water return to a boil again, then turn off the heat and remove the corn and cut off the corn kernels and put in a bowl.
2. Cut the top of the tomatoes scoop out the tomato meat making the tomatoes the vessel of this dish. Dice the tomato meat and leave add it to the bowl together with the corn kernels.
3. Chop the parsley and dice all vegetables and mango. Add together with the corn, black beans and tomato. Season with lime juice, oil, salt and mix well.
4. Fill the tomatoes with the Black Beans Mango salsa and enjoy the amazing flavor.