



Ingredients

- 2 ripe organic tomatoes, chopped
- ¼-½ cup (60-125 mL) chopped cilantro
- ⅓ cup (80 mL) finely chopped onion
- ½-3 serrano chili peppers (optional)
- salt to taste
- 1½ cups [cooked black beans](#) or 1 can (15 oz/425 g) of organic Eden black beans, drained and rinsed
- Juice of two limes
- ¼ cup (60 mL) Omega Garlic-Chili Flax Seed Oil

Instructions

1. Place tomatoes in a medium bowl.
2. Add the cilantro and onion to the tomatoes.

3. Cut open the chilies, remove all the seeds, and dice very fine.
4. Add chilies, salt, and beans to the tomato mixture.
5. Pour lime juice and Omega Garlic-Chili Flax Seed Oil over all ingredients.
6. Mix, cover, and refrigerate for one hour before serving.

Makes 3-4 cups (750 mL–1 L).