



MABS' KAZOO BEAN SALAD

Combine in large bowl:

4 cans black beans, drained and rinsed

1 can corn, drained

1 each red, orange and green bell peppers, diced small

1 sweet onion, diced small

Combine in medium saucepan:

1/4 cup ketchup

1 tsp Worcestershire sauce

3 TB brown sugar

1 1/2 TB chili powder

1 1/2 tsp cumin

1/2 tsp smoked paprika

1 tsp kosher salt

1/2 tsp fresh ground black pepper

Bring to a gentle boil and stir occasionally for 10 minutes.

Remove from heat and whisk in: **3 TB MABS' ATOMIC MUSTARD.**

Pour over beans and vegetables and mix well. Chill at least 1 hour.

Delicious alongside sandwiches or scooped up by tortilla chips and pitas.

FROM THE KITCHEN OF  **MABS'**
ATOMIC MUSTARD