Ingredients

* 1 can of black beans, rinsed
* 1 bunch flat leaf parsley, leaves and stems chopped
* 2 tablespoons of olive oil
* 3 TSP salt
* 3 bags of frozen corn, defrosted
* 1 red onion, chopped
* 2 cups of bulgur
* 2 ½ cups water
* 3 jalapeno peppers, seeded and minced
* 3 limes, zested and juiced
* 1 tsp Cayenne pepper
* Black pepper to taste

Procedure

1. Place a large non-stick skillet on low-medium heat and add olive oil. Add chopped onions and sauté for 10 minutes, until soft.
2. Add jalapenos, corn, cayenne, parsley stems, and lime zest, and continue cooking for 5 minutes until corn is softened. Add black beans and cook for another 5 minutes. Season with salt and pepper.
3. In a separate pot add bulgur and water, and 1 tsp of salt. Bring to a boil, cover and reduce to a simmer. Cook for 10 minutes until water is absorbed.
4. Combine the bulgur and the corn mixture. Seasson with lime juice, salt, and pepper. Garnish with parsley leaves and serve.