

Cowboy Caviar

Servings: 6 – 8

Prep time: 15 minutes

Chill time: At least 1 hour

(best if chilled longer)

Ingredients:

- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can black-eyed peas, rinsed and drained
- 1 (15 ounce) can corn, drained
- 1 cup chopped red onion
- 1 cup chopped bell pepper (any color)
- 1/2 cup chopped fresh cilantro
- 1/4 cup chopped jalapeño (optional, adjust to taste)
- 1/4 cup olive oil
- 2 tablespoons lime juice
- 1 tablespoon red wine vinegar
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

Directions:

Step 1

Combine Ingredients: In a large bowl, combine black beans, black-eyed peas, corn, red onion, bell pepper, cilantro, and jalapeño (if using).

Step 2

Make the Dressing: In a small bowl, whisk together olive oil, lime juice, red wine vinegar, cumin, garlic powder, salt, and pepper.

Step 3

Combine and Chill: Pour the dressing over the bean mixture and toss to coat evenly. Cover and refrigerate for at least 1 hour, or up to 24 hours, to allow the flavors to meld.

Step 4

Serve: Serve chilled with tortilla chips, crackers, or on top of salads.

Tips and Variations

- **Add-ins:** Feel free to add other ingredients to your Cowboy Caviar, such as diced tomatoes, avocado, chopped green onions, or chopped roasted red peppers.
- **Spice it up:** Add a pinch of red pepper flakes or a dash of hot sauce for extra heat.
- **Make it ahead:** Cowboy Caviar is perfect for making ahead of time. It can be stored in the refrigerator for up to 3 days.
- **Serve it different ways:** Enjoy it as a dip, use it as a topping for tacos or nachos, or even add it to salads for extra flavor and protein.