

Cowboy Caviar

SERVINGS
12

PREP TIME
15 MIN

COOK TIME
0 MIN

TOTAL TIME
15 MIN

This refreshing and colorful dish is a vegan twist on the classic Tex-Mex dip. Packed with protein, fiber, and flavor, it's perfect for a healthy snack, appetizer, or side dish.



ORGANIZING
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Ingredients

Directions

1

- 1 Can Black Beans
- 1 Can Blackeye Peas
- 1 Can Sweet Corn

- Drain and black beans, blackeye peas, and corn.
- Add to large bowl and mix together.

2

- 3 Plum Tomatoes
- ½ Red Onion
- 1 Bell Pepper
- 1 Jalapeno

- Seed and dice tomatoes and add to bowl.
- Dice onion and bell pepper and add to bowl.
- Seed and dice jalapeno into very small pieces, add to bowl and mix well.

3

- OPTIONAL:**
- ¼ to ½ Bunch Cilantro

- If desired, remove cilantro from stems, wash, and finely chop. Add to bowl.

4

- ¼ C Olive Oil
- 3 T Red Wine Vinegar
- Juice of 2 Limes
- 2 T Sugar
- 1 tsp Salt
- ½ tsp EACH: Cumin, Garlic Powder, Black Pepper

PREPARE DRESSING:

- Combine all ingredients together in small bowl and whisk until incorporated. **OR** if available, add all ingredients to jar with lid and shake well to combine.
- Taste mixture and add more seasoning as desired.
- Pour over contents in bowl and mix well.
- Allow to sit about ½ hour to allow flavors to blend together.

SERVE WITH:

- Tortilla Chips on the side. Mix well before serving.