

Cowboy Caviar

Prep Time

25 mins

Total Time

25 mins

Cowboy Caviar (also known as Texas Caviar) is a salad with black beans, black-eyed peas and a light vinaigrette-style dressing -- perfect as a dip, appetizer, or side-dish!

Course: Appetizer

Cuisine: American

Servings: 8 -10 servings as an appetizer

Calories: 285 kcal

Author: Chelsea

Ingredients

Salad/Dip

- 1 and 3/4 cups sweet corn (use frozen that has been thawed, drained canned corn, or cut off the cob)
- 1 can (15 ounces) BUSH'S® Blackeye Peas, drained
- 1 can (15 ounces) BUSH'S® Black Bean Fiesta
- 1 and 3/4 cup small cherry tomatoes, halved or quartered
- 1/2 cup red bell pepper, diced
- 1/2 cup green bell pepper, diced
- 1/3 cup red onion, diced (soak in cold water to remove the "bite" if desired)
- 1 small jalapeno pepper* finely diced
- 1/3 cup finely chopped cilantro (loosely measured)
- 2 large and ripe avocados, diced

Dressing

- 2 tablespoons red wine vinegar
- 2 tablespoons freshly squeezed lime juice
- 1 teaspoon sugar
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1/3 cup extra virgin olive oil
- Fine sea salt and freshly cracked pepper
- Tortilla chips, for serving
- Additional cilantro and lime wedges, for serving, optional

Instructions

1. In a large bowl, add the corn, BUSH'S® Blackeye Peas, drained and rinsed, and undrained BUSH'S® Black Bean Fiesta.
2. Prep the veggies: (as you prep these veggies remember the caviar is best when all of the ingredients are roughly the same size so aim to dice the veggies around the size of the beans) halve or quarter the cherry tomatoes, dice the red pepper, dice the green pepper, finely dice the jalapeno, and finely dice the cilantro. Add right on top of the bean and corn mixture.
3. In a mason jar add in the red wine vinegar, freshly squeezed lime juice, sugar, chili powder, cumin, garlic powder, salt & pepper (to taste, I add about 1/2 teaspoon of each), and olive oil. Seal the jar and shake until combined.
4. Right before serving, dice up the avocados and gently stir those along with the dressing into the caviar. Serve with an extra sprinkle of cilantro, lime wedges, and tortilla chips as desired.

5. If not serving immediately, make sure to store the dressing separately from the caviar and only add the avocados right before eating. If you plan to have leftovers, only add dressing and avocado to what you will be eating presently and then store the three separately.

Recipe Notes

*If you're worried about heat, add half of a jalapeno at first. Also, remove seeds for a less spicy caviar.

| Nutrition Facts | |
|---------------------------------|------------|
| Serves 10 | |
| <hr/> | |
| Amount Per Serving | |
| <hr/> | |
| Calories | 285 |
| <hr/> | |
| % Daily Value* | |
| <hr/> | |
| Total Fat 25.7g | 40% |
| <hr/> | |
| Cholesterol 0mg | 0% |
| <hr/> | |
| Sodium 176.2mg | 7% |
| <hr/> | |
| Total Carbohydrate 13.4g | 4% |
| <hr/> | |
| Dietary Fiber 4.2g | 17% |
| <hr/> | |
| Sugars 3g | |
| <hr/> | |
| Protein 3.6g | 7% |
| <hr/> | |

<https://www.chelseasmessyapron.com/cowboy-caviar/>