COWBOY CAVIAR

INGREDIENTS:
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can corn, drained and rinsed
- 1 (4 ounce) can chopped green chiles, not drained
- 1 (15 ounce) can crushed or diced tomatoes, not drained
- ½ onion, minced
- 3 limes, juiced (optional)
- 1 tablespoon vegetable oil
- Salt to taste
- Black pepper to taste
- Hot sauce (optional)

STEPS:
1. Before starting to prepare the recipe:
   a. Open, drain, and rinse beans and corn.
   b. Open chilies and tomatoes, but do not drain.
   c. Mince and measure the remaining ingredients.
   d. Wash and juice the limes into a small bowl (if using).
2. Mix kidney beans, black beans, corn, chiles, tomatoes, and minced onion in a large bowl.
3. Add lime juice (if using) and oil to the bean mixture, and stir gently to combine.
4. Taste. Add a small amount of salt and black pepper if desired.
5. Serve as a dip with Baked Tortilla Chips from the Eating Smart • Being Active Let’s Cook! cookbook and/or raw vegetables.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Substitute any kind of beans you have. Make it spicier by adding chopped jalapenos or hot sauce.

Nutrition Facts
16 servings per container
Serving size 1/2 Cup (137g)

Calories: 80
Nutrient Amount % Daily Value
Total Fat 2g 3%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 250mg 11%
Total Carbohydrate 15g 5%
Dietary Fiber 4g 14%
Sugars 4g
Includes 0g Added Sugars 0%
Protein 4g 8%
Vitamin D 0mcg 0%
Calcium 30mg 2%
Iron 1mg 6%
Potassium 192mg 4%

*C The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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