

COWBOY CAVIAR



PREP TIME:

10 minutes

SERVES:

16 servings
(½ cup per serving)

INGREDIENTS:

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

STEPS:

- Before starting to prepare the recipe:
 - Open, drain, and rinse beans and corn.
 - Open chilies and tomatoes, but do not drain.
 - Mince and measure the remaining ingredients.
 - Wash and juice the limes into a small bowl (if using).
- Mix kidney beans, black beans, corn, chiles, tomatoes, and minced onion in a large bowl.
- Add lime juice (if using) and oil to the bean mixture, and stir gently to combine.
- Taste. Add a small amount of salt and black pepper if desired.
- Serve as a dip with *Baked Tortilla Chips* from the *Eating Smart • Being Active Let's Cook!* cookbook and/or raw vegetables.
- 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)
Amount Per Serving	
Calories	80
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 192mg	4%
*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.	

For more information about EFNEP, visit:

<https://efnep.ifas.ufl.edu>

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, EFNEP. The USDA and UF/IFAS Extension are equal opportunity providers and employers.