

Treasure Barrel

# Easy Cowboy Caviar Recipe

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| **15 min**<br>Prep time | **15 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Appetizer**<br>Course |

## Ingredients

### Main Ingredients

- [ ] 1 (15-oz) can black beans, rinsed and drained
- [ ] 1 cup sweet corn kernels, fresh or frozen
- [ ] 1 red bell pepper, diced
- [ ] 1/2 cup red onion, finely chopped
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] 2 tbsp lime juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Salt and black pepper to taste

### Optional Add-Ins

- [ ] 1 jalapeño, minced (for heat)
- [ ] 1 avocado, diced (for creaminess)
- [ ] 1 tsp ground cumin (for warmth)

## Instructions

1. Rinse the black beans under cold water, then drain well.
2. If using frozen corn, thaw it; otherwise, measure fresh kernels.
3. Dice the red bell pepper and mince the red onion; place everything in a large bowl.
4. In a small bowl, whisk together lime juice, olive oil, salt, pepper, and optional cumin.
5. Pour the dressing over the bean-corn mixture, toss gently, then fold in cilantro and optional jalapeño or avocado.
6. Let the dip rest for 10 minutes, then serve with sturdy tortilla chips or as a topping for grilled fare.

### Nutrition per serving

| 210 kcal | 9 g | 28 g | 8 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a milder dip, omit the jalapeño and add a pinch of sugar.
- For extra crunch, toss in some diced cucumber just before serving.
- Pair this dip with a hearty buffalo dip for a surf-and-turf snack spread.