

Cowboy Caviar (Texas Caviar)

Fresh, zesty Cowboy Caviar with black beans, corn, and peppers. Perfect party dip that's healthy, vegan, and ready in 25 minutes!

25 min

PREP

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup black bean
- 1 cup corn
- 1 bell pepper
- 1 red onion
- 2 jalapeno pepper
- 1 cup tomato
- 1 cup olive oil
- 1 cup cilantro (coriander)
- 1 lime juice
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Prepare the beans and corn

Drain and rinse 1 cup black beans in a fine-mesh strainer until water runs clear. Drain 1 cup corn thoroughly and pat dry with paper towels if using frozen corn.

2 Dice the vegetables

Dice 1 bell pepper, 1 red onion, and 2 jalapeños into small ¼-inch pieces. Remove seeds from jalapeños for less heat if desired. Dice 1 tomato, discarding excess liquid and seeds.

3 Combine main ingredients

Add black beans, corn, diced bell pepper, red onion, jalapeños, and tomato to a large mixing bowl. Toss

gently to distribute evenly.

4 **Make the dressing**

Whisk together 1 cup lime juice, 1 cup olive oil, 1 teaspoon salt, and 1 teaspoon black pepper in a small bowl until well combined and slightly thickened, about 30 seconds.

5 Pour dressing over the vegetable mixture and toss thoroughly until all ingredients are evenly coated, about 1 minute.

6 Add 1 cup chopped fresh cilantro and fold in gently. Taste and adjust seasoning with additional salt, pepper, or lime juice as needed.

7 Cover bowl with plastic wrap and refrigerate for at least 2 hours or overnight to allow flavors to meld. Serve chilled with tortilla chips.

Tips

Drain and rinse canned beans thoroughly under cold water to remove excess sodium and improve the overall texture and flavor of your Cowboy Caviar.

Dice all vegetables uniformly small, about the size of the beans, to ensure every bite has the perfect balance of flavors and textures.

Let the salad marinate for at least 2 hours, or preferably overnight, in the refrigerator to allow the flavors to fully develop and meld together.

Add avocado just before serving to prevent browning and maintain the best texture and appearance.

Use fresh lime juice rather than bottled for the brightest, most vibrant flavor in your dressing.

Bring the salad to room temperature 15-20 minutes before serving to enhance the flavors and make them more pronounced.

For extra smoky flavor, char the corn kernels in a dry skillet for 2-3 minutes before adding to the salad.

Taste and adjust seasoning after the marinating time, as the flavors will have changed and may need a final touch of salt, lime juice, or cilantro.