



COWBOY CAVIAR



0hr 10min



16

INGREDIENTS

- 1 can (15 oz.) black beans
- 1 can (15 oz.) kidney beans
- 1 can (15 oz.) corn
- 1 can (14.5 oz.) crushed tomatoes
- 1 white or purple onion, finely chopped
- 3 limes, juiced, or 3 tbsp lime juice
- 1 tbsp onion
- salt, pepper, hot sauce to taste
- 1 can (4 oz.) green chiles, chopped (optional)

DIRECTIONS

1. Mix the beans, tomatoes, corn, chiles, onion, and tomatoes in a large bowl.
2. Mix in the lime juice, and slowly add in the salt, pepper, and hot sauce according to your liking.
3. Enjoy immediately with tortilla chips or allow to chill for 30 minutes first.

Recipe source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cowboy-caviar-bean-salsa>