



A Nutrition Resource

COWBOY CAVIAR

Yield: 16 Servings | Serving Size: 1/2 cup

Cost/Serving: \$0.35

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
- 1/2 medium onion, minced
- 3 limes, juiced (optional)
- 1 Tablespoon vegetable oil
- Salt to taste
- Black pepper to taste
- Hot sauce (optional)

Directions:

- 1) Before starting to prepare the recipe:
 - a. Open, drain, and rinse beans and corn.
 - b. Open chiles 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) Add a small amount of salt and 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.

Nutrition Facts

16 servings per container
Serving size (117g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 182mg	4%

*The % Daily Value 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.

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



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