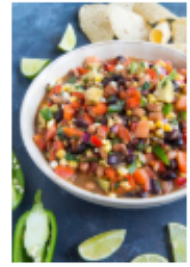


# The Ultimate Cowboy Caviar Recipe

Cowboy Caviar is a vibrant salsa-bean salad combo that is perfect for any party. Made with fresh ingredients, this version kicks it up a notch with extra jalapeno peppers and additional spices that make it better than any I've ever had.



Prep Time  
15 mins

Cook Time  
5 mins

Total Time  
20 mins

Course: Appetizer, Salad, Salsa, Side Dish, Snack Cuisine: American Keyword: salsa, Tex-Mex  
Servings: 12 Calories: 116kcal Author: [Mike Hultquist](#)

## Ingredients

### FOR THE DRESSING/VINAIGRETTE

- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 lime (just the juice)
- 1 teaspoon cayenne powder
- 1 teaspoon ancho chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1 pinch sugar to taste
- Salt and pepper to taste

### FOR THE COWBOY CAVIAR

- 1 can black eyed peas drained and rinsed (15 ounces)
- 1 can black beans drained and rinsed (15 ounces)
- 2 jalapeno peppers chopped
- 1 red bell pepper chopped
- 2 Roma tomatoes chopped
- 2 cup chopped red onion
- 2 ears fresh sweet corn removed from husks
- 1/2 cup fresh chopped cilantro
- 1 avocado diced

## Instructions

1. Whisk the dressing/vinaigrette ingredients together in a small bowl until they thicken up.
2. Add all of the cowboy caviar ingredients to a large bowl and mix to combine.
3. Stir in the dressing/vinaigrette. Make sure everything gets nice and evenly coated.
4. Adjust for salt and pepper. Serve immediately with chips!

## Notes

Heat Factor: Mild-Medium.

My goal here is NOT to make this overly spicy, but to have just the right amount of kick to it for the general spicy food lover. As mentioned, you CAN easily adjust this up for more heat, but the combination of jalapeno peppers, cayenne powder and spicy chili flakes gives this a blooming warmth that I LOVE. And it's freaking tasty as heck, too. Perfect.

## Nutrition

Calories: 116kcal | Carbohydrates: 11g | Protein: 2g | Fat: 7g | Saturated Fat: 1g | Sodium: 7mg | Potassium: 267mg | Fiber: 4g | Sugar: 2g | Vitamin A: 610IU | Vitamin C: 22.4mg | Calcium: 18mg | Iron: 0.9mg