



Cowboy Caviar

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

**TIME SAVER

FOOD BANK ITEM: CANNED BLACK BEANS, CANNED CORN, BLACK EYE PEAS



Ingredients

- 1 (15.5 ounce) can black beans, drained **
- 1 (15.5 ounce) can black-eyed peas, drained **
- 1 (14.5 ounce) can diced tomatoes, drained
- 2 cups frozen or canned corn kernels, thawed or drained **
- ½ medium onion, diced
- ¼ medium green bell pepper, finely chopped
- ½ cup chopped pickled jalapeño peppers
- ½ teaspoon garlic salt
- 1 cup Italian salad dressing
- ¾ cup chopped cilantro

Directions

1. Mix black beans, black-eyed peas, diced tomatoes, corn, onion, bell pepper, and jalapeño peppers together in a large bowl.
2. Season with garlic salt, then pour in Italian salad dressing and add cilantro.
3. Mix until well coated.
4. Refrigerate until flavors have melded, at least 20 minutes or up to 3 days, before serving.

Tips

This cowboy caviar is also delicious over a salad, rice, or quinoa.

