



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

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.*

- 2) Mix 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*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%

<b>Protein</b> 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.





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

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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