**Cowboy Caviar**

**Ingredients**

- 2-3 cups any beans, cooked
- ⅛ onion, diced
- 1 bell pepper, diced
- 1-2 tomatoes, diced
- 2 tablespoons oil
- Juice of ½ lemon or lime
- ½ teaspoon salt (to taste)
- ½ teaspoon sugar (to taste)

**Optional:**

- Try adding other vegetables such as corn, avocado, or cucumbers to this recipe.
- Can use any type of bean, or a combination of multiple types! Black beans, pinto beans, and black-eyed peas go great with this recipe.
- Can substitute the tomatoes for salsa.
- Add a splash of vinegar (1/2 tablespoon).
- Add diced jalapeños or cilantro for extra flavor.
- Add seasonings such as chili powder and cumin.

**Prep Time: 5 minutes**

1. Chop and dice the onion, bell pepper, tomatoes, and any other vegetables. Try to chop the vegetables into pieces that are the same size as the beans. Place the beans and vegetables in a large bowl.

**Cook Time: 5 minutes**

2. In another bowl, stir together the oil, juice of the lemon/lime, salt, sugar, and any other additional seasonings such as vinegar, chili powder, cumin, etc.

3. Pour the dressing over the beans and vegetables and stir to make sure everything is well coated.

4. Serve and Enjoy!

**Serving Ideas:**

- Serve and enjoy by itself or as a dip for chips and veggies!
- Add your choice of protein and cheese and serve as a salad.
- Add to rice bowls/grain bowls and salads for extra flavor.
- Serve with tacos, fajitas, burritos, quesadillas, or in sandwiches and wraps.
- Serve on top of a baked potato with cheese and other toppings for an extra loaded baked potato.
- Serve on top of grilled chicken or grilled fish.
- Use as a topping for loaded nachos.