

Cowboy Caviar

Bold, colorful, and full of flavor, this Easy Cowboy Caviar recipe is a guaranteed crowd-pleaser at parties, potlucks, and family gatherings. Ready in just 20 minutes, it's the ultimate make-ahead dish that tastes even better after the flavors mingle. Also known as Texas caviar, this vibrant dip or salsa—made famous on social media platforms like TikTok—pairs hearty beans with crisp, fresh vegetables, all tossed in a tangy, zesty dressing that ties it beautifully together.

Prep: 20 minutes

Ingredients

4 Roma tomatoes, seeded and diced
2 avocados, peeled and diced
1 Tablespoon minced garlic
1/2 cup red onion, diced
1 can (19 ounces) black beans, rinsed and drained
1 can (12 ounces) corn, drained
1 red bell pepper, diced
1/2 cup fresh cilantro, finely chopped

Dressing:

1/4 cup olive oil
1/3 cup red wine vinegar
2 Tbsp fresh lime juice
1.5 tsp granulated sugar
1/2 tsp salt
1/2 tsp black pepper



Directions:

1. In a medium-sized mixing bowl, whisk together olive oil, red wine vinegar, granulated sugar, salt, pepper and lime juice. Set aside.
2. In a separate, large mixing bowl, combine the Roma tomatoes, red onions, bell pepper, sweet corn, black beans, garlic and Cilantro.
3. Pour the dressing on top of the mixture, then stir in the chopped avocados. I like to add the avocados last in case they are a bit on the ripe side and softer.

Notes:

- Make cowboy caviar without avocado by omitting it altogether. Try adding mango, cucumber or chickpeas in it's place.
- Cowboy caviar with Italian dressing – replace the homemade dressing with Italian dressing to make things simpler.
- Serve with tortilla chips, gluten-free crackers or cut vegetables.