Cowboy Caviar

Makes: 16 servings (½ cup per serving)
Preparation Time: 10 minutes

**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
½ 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 ingredients.
   d. Wash and juice the limes into a small bowl (if using).
2. Mix kidney beans, black beans, corn, chiles, tomatoes, 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. Taste. Add a small amount of salt and black 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.

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