

Cowboy Salad (Bean Salsa)

This salsa is a party favorite. Using pantry items liked canned beans, corn, and tomatoes, this recipe comes together quickly and can serve a crowd.

Makes: 16 Servings

Source: U.S. Department of Agriculture, Choose MyPlate, recipe/Cowboy Caviar (Bean Salsa)

Photo Source: Oregon State University, Cowboy Salad/Food Hero



**Small Changes,
BIG Difference!**

Click image to watch the recipe video



Ingredients

- 1 can kidney beans, drained (15 ounces)
- 1 can black beans, drained (15 ounces)
- 1 can corn, drained (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 1 can chopped green chilies (4 ounces)
- 1/4 cup finely chopped onion
- 1 tablespoon oil
- Limes, juiced (3 limes, optional)
- salt (to taste, optional)

Directions

1. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
2. Add lime juice (if using) and oil, toss gently to combine. Taste. Add small amount of salt and pepper if desired.
3. Serve by itself, with raw vegetables and/or corn chips.

Nutrition Information

Serving Size: 1/2 cup, 1/16 of recipe

Nutrients	Amount
Calories:	94
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	244 mg
Total Carbohydrates:	17 g
Dietary Fiber:	5 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	5 g
Vitamin D	0 mcg
Calcium	33 mcg
Iron	2 mg
Potassium	304 mg

Utensils Needed

- Large bowl
- Spoon or cooking tongs for tossing
- Serving bowl or plate
- Fork

SHOPPING LIST

Average total cost without oil and seasonings: \$7.03

Average cost/serving: \$0.43



Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Grocery Checklist

-  Add 1 to Cart
Kidney Beans,
15 oz can
-  Add 1 to Cart
Black Beans,
15 oz can
-  Add 1 to Cart
Crushed Tomatoes,
15 oz can
-  Add 1 to Cart
Red Onion, 1 ct
-  Add 2 to Cart
Chopped Green Chilies,
4.5 oz
-  Add 1 to Cart
Limes, 1 ct

Oil & Seasonings Needed

-  Add 1 to Cart
Salt, 1 ct
-  Add 1 to Cart
Vegetable Oil, 16 fl oz

My Cooking Notes
