

Best Cowboy Caviar: Zesty, Colorful & Easy Bean Dip/Salad

Best Cowboy Caviar: A Zesty, Colorful Burst of Summer Flavor!



TIME
5 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can black-eyed peas, drained and rinsed
- 1 ½ cups corn kernels (fresh, canned, or thawed frozen)
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- ½ red onion, finely chopped
- 1 cup cherry tomatoes, halved
- 1 avocado, diced
- ... cup chopped fresh cilantro
- Juice of 2 limes (freshly squeezed for best flavor)
- 1/3 cup olive oil (extra virgin, good quality)
- 2 tablespoons red wine vinegar
- 1 teaspoon honey (or agave, adjust to taste)
- ½ teaspoon cumin (ground)
- Salt and pepper, to taste

Swaps and Notes:

Beans & Peas: Black beans and black-eyed peas are classic, but you can also use pinto beans or cannellini beans for variety. Ensure they are well-drained and rinsed.

Corn: Fresh corn cut off the cob is fantastic. Canned (drained) or thawed frozen corn also work perfectly for convenience.

Bell Peppers: Any color of bell pepper works. Dicing them small ensures a good mix in every bite.

Red Onion: Finely chopping the red onion is key so its flavor isn't overpowering. You can soak it in ice water for 5 minutes after chopping if you want to mellow its bite even further.

Cherry Tomatoes: Halving them releases their juicy sweetness.

Avocado: Essential for creamy texture and healthy fats. Add just before serving to prevent browning.

Cilantro: Fresh cilantro is a must for its vibrant flavor. If you're not a fan, fresh parsley or a mix of both can be used.

Lime Juice: Freshly squeezed lime juice provides the best bright, zesty tang.

Honey/Agave: Balances the tanginess of the lime and vinegar. Adjust to your desired sweetness.

Cumin: Adds a warm, earthy depth that's characteristic of Southwestern flavors.

Directions:

Combine Salad Ingredients: In a very large bowl, combine the drained and rinsed black beans, black-eyed peas, the corn kernels, diced red bell pepper, diced green bell pepper, finely chopped red onion, halved cherry tomatoes, and chopped fresh cilantro. Give them a gentle toss to mix.

Whisk the Dressing: In a separate small bowl, whisk together the fresh lime juice, olive oil, red wine vinegar, honey (or agave), ground cumin, salt, and black pepper. Whisk vigorously until the dressing is well combined and slightly emulsified.

Dress the Salad: Pour the prepared dressing evenly over the salad ingredients in the large bowl. Toss gently to combine, ensuring all the beans and vegetables are lightly coated in the flavorful dressing.

Add Avocado Just Before Serving: Just before serving, dice the avocado and gently fold it into the salad to prevent it from browning.

Chill & Serve: Cover the bowl with plastic wrap and chill the Cowboy Caviar in the refrigerator for at least 30 minutes (or up to several hours) to allow the flavors to meld and deepen. Serve chilled or at room temperature with tortilla chips or as a side dish.

Tips for Success:

Drain & Rinse Beans Thoroughly: This removes excess sodium and starch, ensuring cleaner flavors.

Dice Veggies Evenly: Cut all vegetables to a similar, small size for a good mix of flavors in every bite.

DIRECTIONS

1. Making the : Best Cowboy Caviar is simple: just chop, whisk, and toss for vibrant results!
2. Combine : Salad Ingredients: In a very large bowl, combine the drained and rinsed black beans, black-eyed peas, the corn kernels, diced red bell pepper, diced green bell pepper, finely chopped red onion, halved cherry tomatoes, and chopped fresh cilantro. Give them a gentle toss to mix.
3. Whisk the : Dressing: In a separate small bowl, whisk together the fresh lime juice, olive oil, red wine vinegar, honey (or agave), ground cumin, salt, and black pepper. Whisk vigorously until the dressing is well combined and slightly emulsified.
4. Dress the : Salad: Pour the prepared dressing evenly over the salad ingredients in the large bowl. Toss gently to combine, ensuring all the beans and vegetables are lightly coated in the flavorful dressing.
5. Add : Avocado Just Before Serving: Just before serving, dice the avocado and gently fold it into the salad to prevent it from browning.
6. Chill & : Serve: Cover the bowl with plastic wrap and chill the Cowboy Caviar in the refrigerator for at least 30 minutes (or up to several hours) to allow the flavors to meld and deepen. Serve chilled or at room temperature with tortilla chips or as a side dish.
7. Tips for Success: Drain & Rinse Beans Thoroughly: This removes excess sodium and starch, ensuring cleaner flavors.
8. Dice : Veggies Evenly: Cut all vegetables to a similar, small size for a good mix of flavors in every

bite.

9. **Fresh : Lime Juice:** Always use freshly squeezed lime juice for the best, brightest flavor.
10. **Add : Avocado Last:** Avocado browns quickly. Add it right before serving or when you're ready to eat.
11. **Chill : Time:** Don't skip the chilling step! It truly allows the flavors to meld and develop.
12. **Adjust : Seasoning:** Taste the dressing before adding it to the salad, and adjust salt, pepper, or sweetness as needed.
13. **Serving Suggestions and Pairings:** This Best Cowboy Caviar is incredibly versatile! It's fantastic as a:
14. **Dip:** Serve with a big bowl of crispy tortilla chips (corn or lime-flavored).
15. **Side : Dish:** Perfect for summer barbecues, potlucks, picnics, or alongside grilled chicken, fish, or burgers.
16. **Topping:** Spoon it over grilled chicken or fish, a baked potato, or even scrambled eggs. It would be a vibrant addition to my [This Walking Taco Bar Is My Favorite No-Fuss Way to Feed a Crowd](#).
17. **Salad:** Enjoy it on its own as a light and refreshing meal.
18. For other fantastic easy-to-make appetizers or sides, consider my [A Light, Tangy Chicken Salad I Actually Crave \(and There's No Mayo in Sight!\)](#) or a creamy dip like my [This Crockpot Nacho Dip Is the Reason I Never Have Leftovers](#).
19. **Storage and Leftover Tips:** Cowboy Caviar is best when chilled and eaten within the first 1-2 days, especially due to the avocado. Store leftovers in an airtight container in the refrigerator for up to 3-4 days. If making ahead for a party, keep the diced avocado separate and fold it in just before serving.
20. **More Recipes You Will Love:** If you loved the fresh, vibrant flavors and easy preparation of this dish, here are a few more fantastic savory recipes that I think you'll absolutely love:
21. For a quick and easy way to feed a crowd with cheesy goodness, don't miss my [These Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast](#).
22. For an incredibly cheesy and easy-to-make casual meal, my [Easy Cheesy Chicken Sliders with Marinara Garlic Butter](#) are always a hit!
23. For other dishes featuring fresh corn, my [Cajun Corn](#) is a delicious and spicy option.
24. **Final Thoughts:** This Best Cowboy Caviar is a true celebration of fresh, vibrant ingredients and bold flavors. It's easy to make, incredibly versatile, and guaranteed to be a crowd-pleaser at any summer gathering. Give it a toss, and enjoy this zesty, colorful burst of flavor!
25. What's your go-to summer potluck dish that always disappears first? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

Beans & Peas: Black beans and black-eyed peas are classic, but you can also use pinto beans or cannellini beans for variety. Ensure they are well-drained and rinsed.

Corn: Fresh corn cut off the cob is fantastic.

Canned (drained) or thawed frozen corn also work perfectly for convenience.

TIPS FOR SUCCESS

Drain & Rinse Beans Thoroughly: This removes excess sodium and starch, ensuring cleaner flavors.

Dice Veggies Evenly: Cut all vegetables to a similar, small size for a good mix of flavors in every bite.

Fresh Lime Juice: Always use freshly squeezed lime juice for the best, brightest flavor.

Add Avocado Last: Avocado browns quickly.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/best-cowboy-caviar-zesty-colorful-easy-bean-dip-salad/>