

Southwest Dense Bean Salad (Cowboy Caviar)

Prep: 15 minutes • Cook: 0 minutes

A bright, crunchy Southwestern bean salad tossed in a smoky chipotle–lime vinaigrette, with sweet corn, fresh cilantro, and a tangy-sweet finish. Savory, zippy, and deeply aromatic, it's a no-cook crowd-pleaser for lunches, potlucks, or scooping with chips.

Ingredients

- 1 (15 oz) can black beans (drained and rinsed)
- 1 (15 oz) can black-eyed peas (drained and rinsed)
- 2 cups corn kernels (thawed if frozen, or cut fresh off the cob)
- 1 large red or orange bell pepper (diced)
- 1-2 jalapeños (ribs and seeds removed, diced)
- 1/2 medium red onion (very finely diced)
- 2 Roma tomatoes (seeded and diced; sub 1/2 cup chopped sundried tomatoes for meal prep)
- 1/2 cup fresh cilantro (chopped)
- 2 tablespoons red wine vinegar
- 2 tablespoons fresh lime juice (from 1-2 small limes)
- 1 tablespoon maple syrup (or agave nectar)
- 1 teaspoon ground cumin
- 1/2 teaspoon chipotle powder (or smoked paprika)
- 1/2 teaspoon Mexican oregano
- 1/4 cup extra-virgin olive oil (or avocado oil)
- 1/2 teaspoon kosher salt (more to taste)
- to taste black pepper
- 1 cup vegan feta (cubed or crumbled; optional)
- 1/2 cup roasted pumpkin seeds (optional)
- 1 (2.25 oz) can sliced black olives (drained; optional)

Instructions

1. Add the black beans, black-eyed peas, corn, bell pepper, jalapeños, red onion, tomatoes, and cilantro to a large mixing bowl.
2. In a jar with a lid (or a small bowl), combine the red wine vinegar, lime juice, maple syrup, cumin, chipotle powder, Mexican oregano, olive oil, kosher salt, and black pepper; shake or whisk to emulsify.
3. Pour the dressing over the salad and toss until evenly coated.
4. Taste and adjust salt, pepper, and acidity (lime juice or vinegar) to preference. Fold in any optional add-ins just before

serving.

5. Serve immediately or refrigerate in a sealed container for up to 5 days.

Tags: Vegan, Salad, Beans, No Cook, High Fiber, Southwestern

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