

Cowboy Caviar

This recipe make 8 Cups*

You can also freeze dry tortilla shells to make chips for this (try spritzing with lime juice)

[Live Life Simple's: Cowboy Caviar Video](#)

Ingredients (cans can be fresh ingredients as well) 15 oz. each

1 can black beans	1 Red or Orange bell pepper
1 can black eyed peas	1 Jalapeno
1 can of diced tomatoes (we like Rotel for some spice)	1 tsp Chili powder
1 can corn	1 tsp Cumin
1 Avocado	Salt & Pepper
1 Onion	1/4 Cup lime juice
	fresh cilantro



Directions:

- 1) In a large mixing bowl add drained beans, corn, tomatoes
- 2) Dice avocado, onion, pepper, jalapeno, cilantro & add to bowl
- 3) Add chili powder, cumin, lime juice and salt and pepper to taste
- 4) Mix all ingredients
- 5) Freeze Dry
- 6) Store Appropriately. (See Tips and Tricks for storage help)

Cycle time: 32hr 40min in a large freeze dryer with premium pump	Rehydration: Add water to preferred consistency and let sit for 5 minutes
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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray