

# Cowboy Caviar

*This recipe makes 8 cups*



## Ingredients

**1-15 oz** can black beans  
**1-15 oz** can black eyed peas  
**1-10 oz** can of Rotel  
**1-15 oz** can corn  
**1** avocado  
**1** onion  
**1** red or orange bell pepper  
**1** jalapeno  
**1 tsp** chili powder  
**1 tsp** cumin  
**1/4 cup** fresh lime juice (about 2 limes)  
**1/2 cup** of cilantro  
  
salt & pepper

## Directions:

1. Drain and rinse the black beans and black-eyed peas.
2. Drain the Rotel and corn.
3. Finely chop the onion, bell pepper, jalapeño, and cilantro.
4. Dice the avocado and set it aside
5. In a large mixing bowl, combine the black beans, black-eyed peas, Rotel, corn, onion, bell pepper, and jalapeño
6. Sprinkle the chili powder and cumin over the mixture
7. Add the fresh lime juice and stir everything together until well combined
8. Gently fold in the diced avocado and chopped cilantro to avoid mashing the avocado
9. Add parchment paper to your trays
10. Spread the Cowboy Caviar evenly
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 32 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 cups of freeze-dried Cowboy Caviar to a bowl, jar, or mylar bag along with 1 1/2 cups of cold water. Let sit for a few minutes, stirring several times. This makes about 2 cups. Enjoy

## Notes:

For freeze-dried tortilla chips, just cut any tortilla into triangles and freeze dry along with your Cowboy Caviar. Squeeze fresh lime on the tortillas for extra flavor.

## Nutritional Value Per 1 cup of Cowboy Caviar

Calories 144 Carbohydrates 24 g Protein 6 g Fat 3 g Fiber 6 g Sugar 4 g