



Cowboy Caviar

SHOPPING LIST:

- Roma Tomatoes (3 tomatoes, seeds removed, diced)
- Avocados (2 – diced)
- Red Onion (1/3 cup, diced)
- Black Beans (15oz can, rinsed and drained)
- Black Eyed Peas (15oz can, rinsed and drained)
- Corn (15oz can, rinsed and drained)
- Bell Pepper (1 , any color, diced)
- Jalapeno (1, seeds removed, finely diced)
- Fresh Cilantro (1/3 cup, fresh)
- Olive Oil (1/3 cup)
- Fresh Lime Juice (2 Tbsp)
- Red Wine Vinegar (2 Tbsp)
- Salt (1/2 tsp)
- Pepper (1/2 tsp)
- Garlic Powder (1/4 tsp)

SPECIAL INSTRUCTIONS: Have all ingredients prepped, chopped and measured before the demonstration, if you plan to cook along!