

RECIPE | TOMATOES

TEXAS COWBOY CAVIAR



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Recipe by Chef Benjamin Leblanc-Beaudoin of Iron Kettle Bed & Breakfast.

INGREDIENTS

2 cups Pure Flavor® Azuca Cherry Tomatoes, seeded and diced
1 cup Pure Flavor® Bell Peppers, diced
1 (15 ounce) can black-eyed peas, drained and rinsed
1 (15 ounce) can black beans, drained and rinsed
1 (11 ounce) can super sweet corn, drained, or 3 ears of fresh corn
1/2 cup olive oil
1/4 cup sugar
1/4 cup white wine vinegar
1 tsp paprika
1 tsp salt
1 red onion, diced

1 cup chopped cilantro (from 1 bunch)
1/4 cup of feta cheese
1 avocado
Lime wedges for garnish

DIRECTIONS

1. Preheat BBQ to medium to high heat.
2. Grill peeled ears of corn until charred. Cut from stalk.
3. Preheat a large cast iron skillet on your BBQ.
4. Once Heated, add onions, peppers, and tomatoes.
5. Cut avocado into quarters and reserve.
6. Mix all ingredients together in a large mixing bowl.
7. Top with avocado and lime wedges. Enjoy with your favorite corn tortilla chip.



TOTAL TIME

20 minutes

PREP TIME

5 minutes

COOK TIME

15 minutes

SERVES

6

COOKING LEVEL

Easy