

Soylicious® Cowboy Caviar



We are grateful to our Texas neighbors who created this great dish in the 1940s. It is a pot-luck favorite. With soybeans, it can also be an entrée.

Originating in Texas, this delicious tasting southern cuisine is also known as Texas Caviar.

Cowboy/Texas Caviar has a rich history with multiple recipe variations since the original 1940s version. The culinary core of this delicacy always includes a vinaigrette dressing, legumes, corn, peppers, and onions.

While black-eyed peas (cowpeas) are traditionally used in this recipe, we decided to put black and yellow soybeans (with a black hilum) to the test with this beloved recipe.

Prep Time: Washing & Chopping – 30 minutes. Refrigerate dish for at least 6 hours before serving.

Serves: 11

Ingredients

Dressing

- ½ cup extra virgin olive oil
- 1/3 cup Red Wine Vinegar
- 2 large cloves of garlic, minced
- 1 Tablespoon of lemon juice
- ½ teaspoon kosher salt
- ½ teaspoon garlic salt
- ½ teaspoon restaurant ground black pepper (or freshly ground)
- 1 teaspoon of cumin

Vegetables

- 1 ½ cups of cooked black soybeans
- 1 ½ cups of small yellow soybeans (with a black hilum)
- ½ cup of diced tomatoes (seeded)
- ½ cup of roasted frozen, canned, or fresh corn
- ½ cup of finely chopped red onion
- ½ cup of chopped red bell or sweet pepper
- ½ cup of chopped yellow bell or sweet pepper
- 2-3 chopped green onions
- 1 jalapeño pepper, seeded and finely chopped (optional if you don't like spice)

- Cilantro to taste prior to serving (optional)

DIRECTIONS: Getting Ready:

1. Pre-Cook and freeze soybeans (can also be cooked that day with an Instant Pot).
2. If frozen, thaw soybeans in the refrigerator or in the microwave and rinse.
3. Chop onion, garlic, and peppers.

STEP 1: Make your dressing and let the spices blend for a moment.

- Prepare the vinaigrette by combining the oil, vinegar, minced garlic, salt, pepper, and cumin in a small jar with a lid.
- Place the lid on the jar and shake the dressing until mixed well.
- Let the dressing rest a minute.

STEP 2: Get a large bowl and combine your rinsed beans and chopped veggies. Aren't they Lovely!

- Combine and toss the black and yellow rinsed soybeans, diced tomatoes, corn, and chopped onions and peppers.

STEP 3:

- Pour the dressing over the vegetables and toss lightly.
- Cover and refrigerate for at least 6 hours. Flavors improve overnight!
- Immediately prior to serving, add chopped cilantro (optional).

Serve with:

- Tortilla chips as a dip.
- I love to add chopped avocado to use as a salad or vegetable side.

Include in your meals as:

- a great vegetable side or salad for a BB Que
- as a healthy and tasty appetizer before the big game,
- or to provide a more inclusive spread at a pot luck!

ENJOY!

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per	99 g	Total Fat 8g	12%	Total Carbohydrates 8g	3%
1 serving (3.5 oz)		Saturated 1.2g	6%	Dietary Fiber 2g	9%
Calories 119		Trans Fat 0g		Sugars 4g	
From fat 70		Cholesterol 5mg	2%	Protein 6g	12%
<i>HappyForks.com</i>		Sodium 214mg	9%	Vitamin A 16% • Vitamin C 59%	
		Calcium 5% • Iron 10%			

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.