

Texas Caviar



This recipe comes straight from #crossfitjoel's mom, Carole. It's perfect as written, and I get requests for it at every picnic I attend. It's THAT good.

Ingredients:

15oz can black beans, rinsed and drained
4oz black olives, drained and chopped
½ green bell pepper, chopped
½ red bell pepper, chopped
2 garlic cloves, minced
2 jalapeno peppers, minced (jarred is ok too)
1t cumin
1/4t salt
2T fresh cilantro, minced (or 2t dried)
1T white vinegar
15oz can diced tomatoes, drained

Directions:

Mix all and chill for two hours – it is better after all the flavors have a chance to meld together.

Serve with tortilla or corn chips.

Time-saver tips:

- I use my [Herb scissors](#) to mince the cilantro
- I use my [Vegetable Chopper](#) to chop the olives and peppers