

## INGREDIENTS

- 1 can Black Beans
- 1 can Corn
- 1 ½ cup Tomatoes, chopped
- 1 Medium Bell Pepper, any color
- 1 cup Red Onion, chopped
- 2 Lemons or Limes
- Salt, to taste
- Pepper, to taste
- Garlic Powder, to taste
- Optional additions: Jalapenos, Cilantro, Avocado

## DIRECTIONS

1. In a large serving bowl, combine the drained and rinsed black beans, corn, chopped tomatoes, bell pepper, onion, and additional items except avocado.
2. Slice the lemons or limes and squeeze juice over the mixture.
3. Season to taste with salt, pepper, garlic and other desired spices. Let mixture marinate for 20 minutes before serving.
4. Enjoy with your favorite chip, as a side dish or as a pita sandwich!
5. Store in an airtight container in the fridge for up to 3 days.



## Vegetarian Cowboy Dip

*Dairy-Free | Gluten Free | High Protein | Vegetarian | Vegan*

Yield:  
8 Servings

Prep Time:  
15 Min

Cook Time:  
5 Min