



Cowboy Caviar Jar
RECIPE

Cowboy Caviar Jar



COOK TIME 0 minutes
PREP TIME 10 min
MAKES 2 servings

Grab a mason jar and get ready for your new favorite meal-prep recipe! This easy, delicious, and wholesome version of a Southwestern classic recipe can be made ahead of time, so it is ready when you are, even on the go! Made with SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils, this fresh, hearty, and satisfying full-meal salad is sure to be on frequent rotation.

INGREDIENTS

- 2 Tbsp. extra virgin olive oil
- Juice of half a lime
- 1/4 tsp. garlic salt
- 1 can black beans, drained and rinsed
- 1 cup sweet corn kernels, canned or frozen
- 1 red bell pepper, diced
- 1 jalapeno, diced
- 2 scallions, sliced
- 1 Tbsp. cilantro leaves
- 1 pouch of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils
- 2 Wide-mouth Quart Jars

DIRECTIONS

1. To each jar add 1 Tbsp. extra virgin olive oil, juice from 1/4 of the lime, and 1/8 tsp. garlic salt.
2. Next divide the ingredients between each jar in the following order: black beans, corn, red bell pepper, jalapeno, green onion, cilantro, and SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils
3. To serve, pour the contents of the jar into a bowl and stir well to mix.

NUTRITION INFO

Nutrient	Amount Per Serving
Calories	586
Total Fat	19 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	877 mg
Total Carbohydrate	90 g
Dietary Fiber	17 g
Total Sugars	8 g
Includes Added Sugars	0 g
Protein	20 g

MORE RECIPES



[Chicken Mezza Bowl](#)

Cook time

1.5 minutes

Prep time

5 min



[VIP Salad](#)

Cook time

18 minutes

Prep time

5 min



Sweet Garlic & Onion Chicken (Cook In Pouch Recipe!)

Cook time

1.5 minutes

Prep time

1 min



Pulled Chicken & Slaw

Cook time

4-6 hours in clow cooker

Prep time

15 min

Source URL: <https://www.seedsofchange.com/recipes/cowboy-caviar-jar>