



Black Bean Dip



Ingredients



- 1 can black beans (1 3/4 cups)
- 1 clove garlic, minced
- 2 Tbsp. Water
- 2 tsp. olive oil (optional)
- 2 Tbsp. lime or lemon juice
- 1/2 tsp. cumin
- 1/2 tsp. smoked paprika (optional)
- 1/8 tsp. cayenne (optional)
- 1/4 tsp. salt and pepper



Directions



Yield: About 4 servings **Serving size:** 1/2 cup **Total cost:** \$2.25 **Serving cost:** \$0.56

1. Add all ingredients to a food processor or blender. Blend until smooth, scraping down the sides as needed.
2. Taste, and add more seasoning if desired.
3. If your dip is too thick, add more water.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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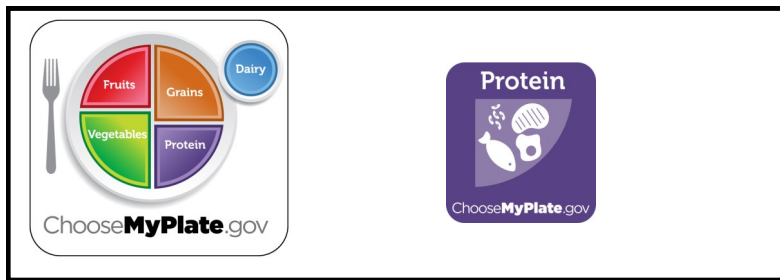
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Fast Facts



Featured Food Groups



Cooking Tips



- If you don't have a food processor or blender, mash all the ingredients together with a fork.
- Dip in tortilla chips, vegetables, or whole wheat crackers.
- Use as a spread on sandwiches, tacos, or burritos.

Nutrition Facts

4 servings per container

Serving size 1/2 cup

Amount Per Serving

Calories 120

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber 7g	25%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.8mg	10%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

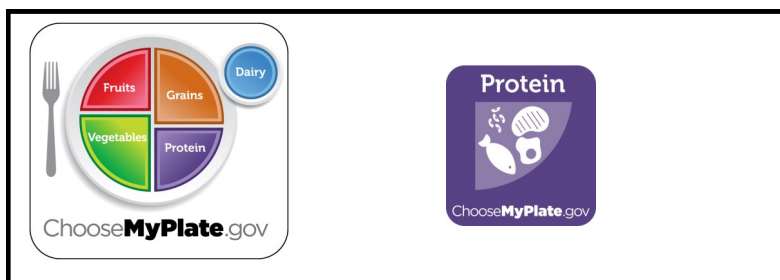
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