



# Black Bean Hummus



## Ingredients

- 15 oz can of black beans
  - 1 garlic clove, minced
  - 2 Tbsp lime juice
  - 2 Tbsp olive oil
  - 2 Tbsp tahini, peanut butter, or almond butter
  - 1/2 tsp salt
  - 1/2 tsp coriander
  - 1/2 tsp ground cumin
  - 1/4 tsp cayenne
- Yield: 8 servings  
Serving Size: 2 Tbsp.



## Directions

1. Combine black beans, garlic, olive oil, tahini, lime juice, and spices in blender until smooth and creamy (about 1-3 minutes).
2. You may need to scrap down the sides and lid with a spatula. Continue to blend as needed.
3. Store in a sealed container in the fridge for up to 1 week or in the freezer in a freezer bag for up to 3 months.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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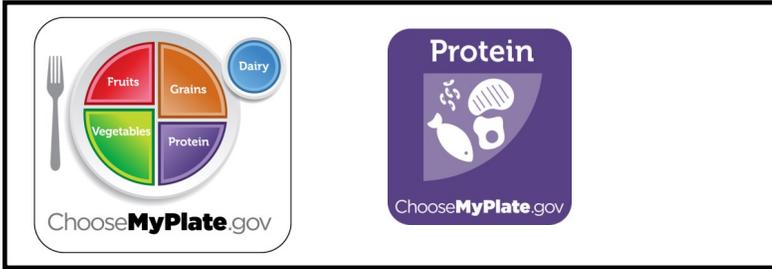
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Try different types of beans: garbanzo, white beans, or lima beans!
- Add roasted red peppers for a new flavor!

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>2 Tbsp</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.368mg	8%
Potassium 0mg	0%

\*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.

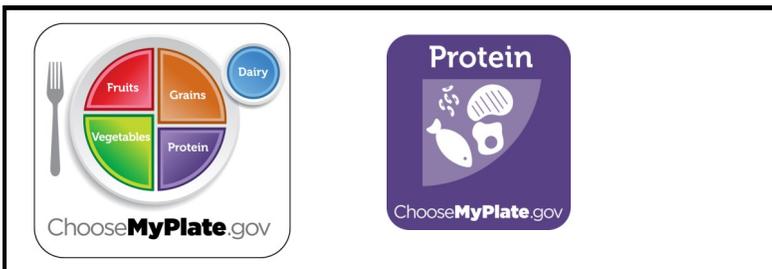
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