

(Foodhero.org)



- 1 can (15 ounces) garbanzo beans, drained an drinsed
- 1/2 cup low-fat sour cream
- 2 tablespoons lemon juice
- 1 tablespoon oil

Directions

1/2 teaspoon cumin

Yield: 2 cups Serving size: 2 Tablespoons

1 teaspoon hot sauce

spoon garlic powder

chopped

2 cloves garlic, minced or 1/2 tea-

2 tablespoons or more cilantro,

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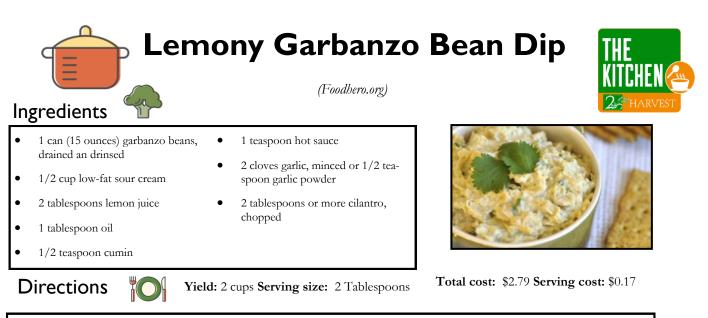
Total cost:	\$2.79	Serving	cost:	\$0.17

1. For a smooth dip, place all ingredients in a blender and blend until smooth. OR for a chunky dip, mash beans well with a fork or potato masher then stir in remaining ingredients.

2. Add additional liquid as needed for desired consistency.

Refrigerate leftovers within 2 hours. 3.

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



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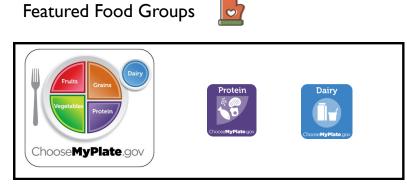
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Fast Facts





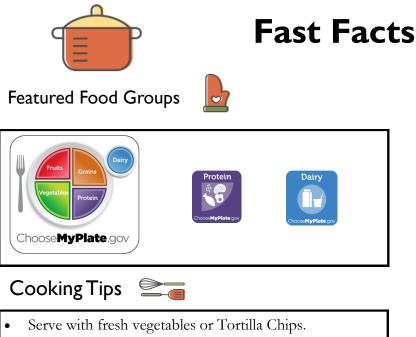


Cooking Tips 🚬

- Serve with fresh vegetables or Tortilla Chips.
- Freeze extra lemon juice to use later.
- Don't have any canned beans? Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

Second Harvest is an equal	opportunity provider.	

Nutrition	acts
16 servings per container	
Serving size 2 Tables	poons (26g)
Amount per Serving	4.0
Calories	40
	% Daily Value*
Total Fat 2g	3 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2 %
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes Og Added Sugar	rs 0 %
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron Omg	0%
Potassium 37mg	0%
Vitamin A 8mcg	1%
Vitamin C 1mg	1 %
*The % Daily Value (DV) tells you how in a serving of food contributes to a da calories a day is used for general nutr	aily diet. 2,000



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16 servings per container Serving size 2 Tablespoe	ons (26a)
	0110 (209)
Amount per Serving	40
Calories	40
% [Daily Value*
Total Fat 2g	3 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes Og Added Sugars	0 %
Protein 1g	
Vitancia D. Oracan	0.%
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron Omg	0%
Potassium 37mg	0%
Vitamin A 8mcg	1%
Vitamin C 1mg	1%

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