

Black Bean "Hummus"



Nutritional Info

Servings size: ½ cup

Amount Per Serving

Calories: 123

Total Fat: 1.6g

Carbs: 21g

Protein: 7g

Ingredients

2 cans black beans (about 3 1/2 cups)
1 small onion, diced
1/2 green pepper, diced
3 cloves garlic, minced
2 T ground cumin
1 1/2 t olive oil
2 T chopped fresh cilantro
1/4 c vegetable broth

Directions

Drain and rinse black beans if using canned.

Place olive oil in skillet set over medium-high heat. Add onions, peppers, and garlic and sauté about three minutes, until vegetables are fragrant and starting to brown slightly. Add cumin, stir well, reduce heat to medium and cook another two minutes.

Place beans in food processor and pulse several times. Add vegetable mixture and pulse a few more times. Add vegetable broth in small batches to thin the dip to the desired consistency. Garnish with chopped cilantro. Serve immediately or store in refrigerator for up to 10 days