

BLACK BEAN DIP

Prep Time: 5 minutes

Cook Time: 20 minutes

Included in Box:

- 1 c. canned no salt black beans, drained and rinsed
- ¼ c. canned low sodium diced tomatoes

Additional Ingredients Needed:

- 1 small onion (~½ cup), finely chopped
- 1 tsp ground ginger
- 1 tsp garlic powder
- ½ tsp ground cumin

Directions:

1. Add ¼ c. water and chopped onion to pan; cook over medium-high heat until translucent (3-4 mins).
2. Add diced tomato, ginger, garlic and cumin; cook for 1 minute.
3. Add black beans and ¼ c. water. Cover and reduce to low heat; cook for 10 minutes.
4. Remove from heat. Use blender to puree contents, or transfer to bowl and mash beans with fork and mix.

Tip: Serve with fresh vegetables like carrot sticks or celery for a hearty snack or side dish.



Nutrition Facts*

Total Servings: 16
Serving Size: 2 T
Calories: 20
Fat: 0 g
Sodium: 24 mg
Carbohydrates: 4 g
Fiber: 1.5 g
Protein: 1 g
Carbohydrate Servings: 0

**Nutrient facts include canned 50% less sodium black beans, canned no salt added diced tomatoes, small white onion, and spices.*