

KIDNEY BEAN DIP

Prep Time: 3 minutes

Cook Time: 20 minutes

Included in Box:

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

Additional Ingredients Needed:

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

Directions:

1. Add onion to pan and cook over medium high heat until translucent (3-4 minutes).
2. Add diced tomato and seasonings; mix and cook for 1 minute.
3. Add kidney beans; cover and cook for 10 minutes on low heat.
4. Remove from heat. Use blender to puree contents, or transfer to bowl and mash with fork.

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



Nutrition Facts*

Total Servings: 8
Serving Size: ¼ c.
Calories: 41 kcal
Fat: 0 g
Sodium: 50 mg
Carbohydrates: 8 g
Fiber: 3 g
Protein: 2 g
Carbohydrate Servings: ½

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