



Bean Dippin' Dip

YIELDS: about 500 mL (2 cups)

PREP TIME: 15 minutes

Ingredients

- 540 mL (1 – 19 oz. can) black beans, drained and rinsed
- 125 mL (½ cup) salsa
- 1 clove garlic, chopped
- 5 mL (1 tsp) ground cumin
- 0.5 mL (⅛ tsp) ground black pepper

EQUIPMENT: Blender | fork or potato masher for beans | can opener | cutting board | knife | liquid measuring cup | mixing bowl (large) | mixing bowl (medium) | set of measuring spoons | spoon | strainer

Directions

1. Rinse tops of bean cans and open can using a can opener. Thoroughly rinse and drain beans using strainer.
2. In a blender, combine beans, salsa, garlic and spices and process until smooth. All ingredients can also be combined with the use of a fork or potato masher if a blender is not available. Mash until smooth.
3. Transfer to medium bowl for serving.

CHEF'S TIP: Choose a salsa with a spice level that is right for your group. Spicy salsas will heat up the bean dip while a milder choice will result in a milder flavoured dip



Figure 1. Bean Dippin' Dip

Let's Get Cookin'!

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