

Edible Perspective

1.30.13

Simple Black Bean Dip // gluten-free + vegan // yields ~1 1/4 cup

- 1 small garlic clove, peeled
 - 1 3/4 cups black beans, rinsed + drained
 - 3 tablespoons water
 - 2 tablespoons extra virgin olive oil
 - 1 tablespoon lime or lemon juice
 - 1/2 teaspoon cumin
 - 1/4 – 1/2 teaspoon salt + pepper
 - 1/8 teaspoon cayenne, optional
 - smoked paprika, optional
1. In a large food process, pulse the garlic clove until finely chopped. Scrape the sides of the bowl.
 2. Add in all other ingredients and blend until smooth, scraping the sides of the bowl as needed. Taste and add more salt, pepper, or cayenne if desired. Add more water for a thinner consistency.
 3. Chill until ready to serve. Garnish with smoked paprika and a spritz of lime. Serve with chips and/or veggies.