

# Bean Dippin' Dip

## Ingredients

YIELDS:      PREP TIME: 15 minutes

- 1 – 19 oz. (540 mL) can black beans, drained and rinsed
- 1/2 cup (125 mL) salsa
- 1 clove garlic, chopped
- 1 tsp (5 mL) ground cumin
- 1/8 tsp ground black pepper pinch



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. 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!

*Let's Get Cookin'!*

