



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Spicy Vegan Black Bean Dip

This delicious party dip is super simple to prepare while delivering plenty of protein and fiber, courtesy of black beans.







INGREDIENTS

- One 15 oz can black beans
- 2 cloves garlic
- ½ tsp ground cumin
- ½ tsp paprika
- ⅛ tsp cayenne pepper
- ½ tsp salt
- Lime juice, juice of ½ lime
- ¼ cup salsa of choice

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Lightly grease a loaf pan or small square pan and set aside.
2. In a food processor, combine all the ingredients except for the lime juice and salsa. Pulse until combined but black beans are still slightly chunky.
3. Transfer dip to the prepared pan and stir in the lime juice and salsa.
4. Bake for 20 minutes, or until dip is bubbling and warm. Serve immediately with tortilla chips and bell peppers.



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