

Bean Dip

Serves 8

- 1 ⅓ cups dry uncooked black beans (3 cups dry cooked beans)
- 2 cloves garlic
- ⅓ cup olive oil
- ¼ cup lemon juice
- ½ cup shredded parmesan cheese
- ½ teaspoon salt
- ½ teaspoon cumin
- 2 teaspoons dry oregano
- ½ teaspoon dry red pepper flakes

Directions: Clean and rinse beans. Place beans in a large pot and add 3 times as much water as beans (1 cup beans : 3 cups water). Soak beans in water overnight for 8-12 hours. When done, strain the beans or cook beans in soaking water¹. If beans were strained, add enough water to fully cover them with about 1 inch of additional water above the beans. On a stove top, bring beans to a boil and then turn down to a simmer with the lid on for 60-90 minutes. In a pressure cooker, cooking time is approximately 15 minutes. After cooking, strain the beans. Mince the garlic in a food processor (or a stand mixer). If using a stand mixer, mince garlic. Add all other ingredients, including beans to the food processor (or a stand mixer) and blend well. Place in a serving bowl and enjoy bean dip with carrots, bell peppers and bread, or spread on a tortilla as a component of a bean and cheese quesadilla.

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¹ *Black beans keep their color if soaking water is not discarded. Nutrients, such as vitamins and minerals are also leached from the bean into the soaking water. However, straining the water may reduce flatulence when beans are consumed.