

# Chunky Black Bean Dip

This chunky bean dip is great paired with a whole grain crackers, or fresh vegetables!

Makes: 24 servings (3 cups)

Prep Time: 10 minutes

Source: [foodhero.org](http://foodhero.org) recipes Chunky Black Bean Dip

## Ingredients

- 1 can (15 ounces) black beans, rinsed, drained
- ½ cup onion, diced
- 1 small bell pepper, diced
- 1 medium tomato, diced
- 1 clove garlic, minced, or 1/4 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon apple cider vinegar

## Directions

1. For a smooth dip, place ingredients in a food processor or blender and process until smooth OR For a chunky dip, mash beans well with a fork or potato masher, stir in remaining ingredients. Add additional water as needed for desired consistency.
2. Add salt and pepper to taste.
3. Refrigerate leftovers within 2 hours.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 2 Tablespoons	
Nutrients	Amount
Calories:	20
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0mg
Sodium:	30 mg
Total Carbohydrates:	4 g
Dietary Fiber:	1 g
Total Sugars:	0 g
Added Sugars:	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	9 mg
Iron	0 mg
Potassium	71 mg

## Utensils Needed

- Food Processor or Blender
- Cutting Board
- Fork or Potato Masher
- Measuring Spoons
- Colander
- Measuring Cups
- Knife

# SHOPPING LIST

Average total cost without oil and seasonings: \$5.01

Average cost/serving: \$.21

Makes: 24 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Fresh Garlic



Add 1 to Cart  
Fresh Bell Pepper



Add 1 to Cart  
Apple Cider Vinegar 32 fl oz



Add 1 to Cart  
Fresh Onion



Add 1 to Cart  
Canned Black Beans 15.25 oz



Add 1 to Cart  
Fresh Tomato

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage and Leftover Tips

- The extra vegetables can be used in a chili, minestrone, or any other soup.
- Check out [snapedny.org](http://snapedny.org) for other great recipes with onions and garlic such as: Cowboy Salad, Lentil Minestrone, Garden Stir-Fry with Vegetables and Tofu, and many more!