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DIET CENTER

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BLACK BEAN HUMMUS

Basic Lifestyle

Ingredients

2 cans black beans (about 3-1/2 cups)
1 small onion, diced
1/2 green pepper, diced
3 cloves garlic, minced
2 TBS ground cumin
1-1/2 TSP olive oil
2 TBS chopped fresh cilantro
1/4 cup low-sodium vegetable broth

Instructions

1. Drain and rinse black beans if using canned.
2. Place olive oil in skillet set over medium-high heat. Add onions, peppers and garlic, and sauté about three minutes, until vegetables are fragrant and starting to brown slightly. Add cumin, stir well, reduce heat to medium and cook another two minutes.
3. Place beans in food processor and pulse several times. Add vegetable mixture and pulse a few more times. Add vegetable broth in small batches to thin the dip to the desired consistency. Garnish with chopped cilantro.
4. Serve immediately, or store in refrigerator for up to 10 days.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1/2 cup = 1/2 P