

Black Bean Hummus

Try this delicious twist on hummus, made with iron-rich black beans.

Makes a great snack with raw vegetable dippers.

Suitable for vegetarians.

Approximate preparation time: 15 minutes.

Ingredients

- 1 15-oz. can black beans
- 2 TBSP vegetable oil
- 1 clove garlic, minced
- 2 TBSP lime juice
- ½ tsp ground cumin
- ½ tsp salt

Drain black beans, but reserve the liquid in a small bowl. Place beans, olive oil, garlic, lime juice, cumin and salt in a blender or food processor and blend until very smooth*. If mixture seems too thick, add reserved liquid from beans. Taste and adjust seasonings. Serve with raw vegetable sticks (e.g., red pepper, carrots, cucumber). Makes 4 servings.

*Beans can also be mashed with a fork until as smooth as possible, then stir in remaining ingredients.

Nutrition information per serving:

160

Calories

7g

Protein

18g

Carbs

7g

Fat

5g

Fiber

Used this recipe?
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