Black Bean Dip

This dip works as a snack with whole wheat bread, or can be put it in a whole wheat wrap with vegetables for a summer sandwich.

Serves 50 adults

Ingredients

1 #10 can low-sodium black beans, drained and rinsed
1 small red or white onion, diced
3 cloves garlic, minced
1 cup spaghetti sauce or tomato sauce or whole peeled tomatoes
2 tablespoons cumin
2 tablespoons chili powder
1 cup chopped cilantro (optional)
Juice of 2 limes (optional)

Directions

1. In a sauce pan add black beans, garlic, and onions.
2. Add tomato sauce, cumin, chili powder, lime juice, and cilantro if using.
3. Using an immersion blender, puree ingredients until they are combined.
4. Place on medium heat. Once it begins to bubble, cook for 5 to 10 minutes. Serve with tortilla chips.