



Black Bean Dip

INGREDIENTS

2 14 ounce cans of black beans, drained & rinsed
3/4 cup salsa
4 garlic cloves minced
2 teaspoons fresh lime juice
1 teaspoon ground cumin
1 tbsp. diced jalapeno 1 teaspoon water
1/8 teaspoon salt
1/4 cup minced cilantro (optional)

DIRECTIONS

1. In the bowl of a food processor, puree the black beans, salsa, garlic, lime juice, cumin, water and salt until smooth.
2. If desired, add the cilantro and pulse until just combined.
3. Serve with tortilla chips or raw vegetables.