



Three Bean Dip

[Pinto, Black, and Red Kidney Beans]

Ingredients

15-ounce can Tri-Bean Blend, drained, reserving liquid
1 tablespoon liquid from beans
1 tablespoon diced jalapeno
1/2 teaspoon salt
1/2 teaspoon sugar
1/4 teaspoon onion powder
1/4 teaspoon paprika
1/8 teaspoon garlic powder
1/8 teaspoon cayenne pepper

Directions

Combine the drained beans with the other ingredients in a food processor. Puree the ingredients on high speed until smooth. Transfer to a bowl, cover, and chill for at least 1 hour before serving. Makes 1 1/4 cups.



I used Simple Truth Tri-Bean Blend found at Kroger. If you cannot find a can of the three beans used (Pinto beans, Black Beans, and Red Kidney Beans), a can of Pinto beans can be substituted. I have also provided the tripled recipe below if you would like to try using the individual cans of beans.



3Xs Three Bean Dip

[Uses individual cans of Pinto Beans, Black Beans, and Red Kidney Beans]

Ingredients

15-ounce can Pinto Beans, drained, reserving liquid
15-ounce can Red Kidney Beans, drained, reserving liquid
15-ounce can Black Beans, drained, reserving liquid
3 tablespoons liquid from beans
3 tablespoons diced jalepeno
1 1/2 teaspoons salt
1 1/2 teaspoons sugar
3/4 teaspoon onion powder
3/4 teaspoon paprika
3/8 teaspoon garlic powder
3/8 teaspoon cayenne pepper

Directions

Combine the drained beans with the other ingredients in a food processor. Puree the ingredients on high speed until smooth. Transfer to a bowl, cover, and chill for at least 1 hour before serving. Makes 1 1/4 cups.

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