

## Spicy Black Bean Dip

**Prep Time: 1**

*Black beans are a great source of antioxidants, fiber, and protein as well as being low in fat. Canned black beans should be rinsed and drained before use. Excellent for dipping vegetables, this would be great topped with sour cream and cilantro! Chicken broth may be substituted for the vegetable broth, if making the dip vegetarian isn't a priority.*

1 (15 ounce) can no-salt added black beans, rinsed and drained  
1/4 cup no-salt added vegetable broth  
1/2 small red bell pepper, diced (1/3 cup)  
1 small jalapeño, seeded and de-ribbed, minced (1 Tablespoon)  
1 teaspoon fresh lime juice  
1/2 teaspoon dried oregano  
1/8 teaspoon black pepper

1 bag Tostitos® or Baked Lays® baked tortilla chips (optional)

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well. (Meat, poultry, and seafood should be washed before using, too.) Simply rinse under cold water and then pat dry with paper towels before continuing.

Combine beans with vegetable broth in a bowl. Using a fork, mash beans into a thick paste. Combine paste with bell pepper, jalapeño, lime juice, oregano, and black pepper. Serve with baked tortilla chips, if desired.

Dip may be made a day ahead, covered and stored in the refrigerator until needed.

Serves 6

Calories 63; Fat 1g; Protein 4g; Carbohydrate 11g; Fiber 4g; Sodium 135mg.

NOTES: \_\_\_\_\_

Total Cost (without chips): \$2.99

Cost Per Serving (without chips) (6): \$0.49

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Harvesters-The Community Food Network  
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