

BLACK BEAN DIP



INGREDIENTS:

- 1 can low-sodium black beans, drained and rinsed
- $\frac{1}{4}$ cup diced tomato
- $\frac{1}{2}$ cup water
- 2 tbsp diced jalapeno
- 2 garlic cloves, minced
- Juice from $\frac{1}{4}$ fresh lime
- 1 tsp. ground cumin
- dash sea salt
- 2 tbsp cilantro, minced

DIRECTIONS:

- 1) Puree all ingredients except cilantro in a food processor or blend on medium speed until smooth.
- 2) Add cilantro and pulse until just mixed.
- 3) Scoop into a bowl and serve with your homemade chips!

Enjoy!

Per $\frac{1}{4}$ cup

Calories: 80 | Protein: 5 gm | Carbs: 13 gm | Fat: 1 gm