



Makes 1 cup
Preparation Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS:

1½ cups cooked black beans or 1
15-oz. can black beans, rinsed
and drained

1 wedge onion (1 inch thick)

1 tablespoon lemon juice

1 teaspoon canned chipotle
pepper in adobo sauce

1 small clove garlic

Sea salt, to taste

1 tablespoons finely chopped
fresh cilantro

Chipotle Black Bean Dip

There's a good chance you already have everything you need to make this hearty hummus-like dip. Serve this spicy bean dip with crudité's or **corn chips**, or use it as a spread in wraps.

By Darshana Thacker Wendel

- 1 In a blender or food processor combine the first five ingredients (through garlic). Cover and blend until smooth. Season with salt; pulse to combine.
- 2 Transfer hummus to a bowl. Stir in cilantro. Cover and chill until ready to serve.