

Black Bean Taco Dip

Side Dish/Diabetes-Friendly



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Ingredients:

- One 15 oz. can black beans
 - Black beans are used to help up our intake of plants and reduce meat consumption.
- ½ tsp chili powder – you can also use canned chipotles if you like a little more heat, or a low sodium taco seasoning, if you sub taco seasoning, just make sure you leave out the chili powder and the cumin as they are both in the seasoning packet.
- ¼ tsp cumin powder
- 1 tsp. Lime Juice
- 2 tbsp cilantro
- 1 tsp chopped garlic
- salt and pepper to taste

Directions:

1. Open black beans and drain, rinse the brine off of the beans to remove brine and excess sodium.
2. Add the rest of the ingredients to your food processor or to a bowl if you are just going to mash them with your hands.
3. Season with salt and pepper to taste.
4. Puree until smooth or smash until you reach the desired consistency. If you want it to be softer like hummus you can add a little bit of water or brine from the beans.
5. Can be used as a dip similar to hummus, spread it on a wrap and make a taco veggie wrap or a breakfast burrito.