

Quick and Easy Bean Dips

This recipe is a good source of fiber, which may help protect you against some diseases.

Ingredients:

Chunky Black Bean Dip

- 1 (15-ounce) can **black beans**, rinsed, drained
- 1 small **onion**, diced
- 1 small **bell pepper**, diced
- 1 medium **tomato**, diced
- 1 clove **garlic**, minced
- 1 teaspoon **cumin**
- 1 teaspoon **chili powder**
- 1 tablespoon **cider vinegar**

Smokey Pinto Bean Dip

- 1 (15-ounce) can **pinto beans**, rinsed and drained
- 1 (4-ounce) can mild **jalapeño peppers**
- 1 tablespoon **vegetable oil**
- 1 tablespoon or more of **barbeque sauce** or catsup
- 1 tablespoon or more of **water**
- 1/2 teaspoon **onion powder**
- 1 teaspoon **liquid smoke**

Lemony Garbanzo Bean Dip

- 1 (15-ounce) can **garbanzo beans**, rinsed and drained
- 1/2 cup low-fat **sour cream**
- 2 tablespoons **lemon juice**
- 1 tablespoon **olive oil**
- 1/2 teaspoon **cumin**
- 1 teaspoon **hot sauce**
- 2 cloves **garlic**, minced
- 2 tablespoons or more **cilantro**, chopped

Directions:

1. For a smooth dip, place ingredients in a food processor or blender and process until smooth OR for a chunky dip, mash beans or peas well with a fork or potato masher, stir in remaining ingredients. Add additional liquid as needed for desired consistency.
2. Add salt and pepper to taste.
3. Serve with tortilla chips, pita wedges, or fresh vegetables.
4. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1/2 cup (108g)
Servings Per Container 6

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 12g **4%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 3g

Vitamin A 2% • Vitamin C 25%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Label is for Chunky Black Bean Dip

Source: 2007. Holly Pederson, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.

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