

Black Bean Dip

Submitted by JoAnne Heintz

Kari notes: This recipe is my request! JoAnne made this for a gathering my Mom was at and gave her the recipe. I took it from my Mom and asked JoAnne if I could include it. It is very similar to the Black Bean Hummus at the Willy Street Co-op in Madison. Yum!

15 oz can of black beans, rinsed and drained
1/2 C salsa
2 T lime juice
2 T fresh cilantro
1/4 tsp cumin
1/2 tsp sugar
salt to taste
2 T onion, chopped fine

Combine all in a food processor. Process until smooth. Adjust seasoning to taste. Serve with crackers, tortilla chips, bread or veggies.