

Spicy Navy Bean Dip



Ingredients:

- 1 14 ounce can navy beans, drained and rinsed
- 2 chipotle peppers in adobo sauce, canned
- 2 cloves garlic, minced
- 2 tablespoons lemon juice
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/4 cup olive or canola oil

Instructions:

1. In a blender or food processor, combine beans, chipotle peppers, lemon juice, and spices.
2. Start the processor, and gradually add oil until dip is well blended.
3. Serve with whole grain pita bread chips or tortilla chips.
4. Refrigerate left overs.

Makes 4 servings.



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