RECIPE

Black bean dip

A blended black bean dip for a snack, bright with lime and red onion, served with baked corn tortilla wedges and raw peppers and cucumber, with measured salt.

MAKES

6 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 2 cans (15 oz each) no-salt-added black beans, drained and rinsed (3 cups)
- [ ] 3 tbsp olive oil
- [ ] ½ cup finely diced red onion
- [ ] ¼ cup lime juice
- [ ] ½ tsp salt
- [ ] 1 tsp ground cumin
- [ ] ½ tsp garlic powder
- [ ] ½ cup chopped fresh cilantro
- [ ] ¼ cup water
- [ ] 6 corn tortillas (6-inch), each cut in 6 wedges, for dipping
- [ ] 3 medium red bell peppers, cut in strips, for dipping
- [ ] 3 cups sliced cucumber, for dipping

Method

1. Stir the red onion, lime juice, salt, cumin and garlic powder together in a big bowl. Let it stand 10 minutes. The lime softens the onion and the salt melts into it.

2. Heat the oven to 375 °F. Lay the tortilla wedges in one layer on two baking sheets, no oil. Bake 8 to 10 minutes, turning the sheets once, until the wedges are dry and crisp at the edges. They crisp more as they cool.

3. Put the beans, olive oil and water in a food processor and blend until smooth, about 1 minute, stopping once to scrape the sides. Add the lime-onion mixture and pulse 3 or 4 times so the onion stays in small bits.

4. Stir in the cilantro. Taste: add lime before salt. Spoon into a bowl and serve with the baked tortilla wedges, red pepper strips and cucumber slices.

5 Nothing here needs altitude changes: the beans are canned and nothing rises.

6 Keep the dip in a covered container in the fridge up to 5 days. Do not leave it out more than 2 hours. Freezes in 1-cup tubs for 3 months; thaw overnight in the fridge and stir.