

Spicy Black Bean Spread

Portion Size: 2 TBSP

Yield: 13

Ingredients:

Black Beans, Dry	1/2 cup
Canola Oil	2 tsp
Onion, Diced	3 TBSP
Celery, Diced	3 TBSP
Cumin, Ground	1 1/4 tsp
Paprika, Ground	1 1/4 tsp
Tomatoes, Diced, In Juice, No Added Salt	1/2 cup
Lime Juice	1 1/4 tsp
Kosher Salt	1/4 tsp
Boiling Vegetable Stock, Low Sodium	1/3 cup
Chipotle Peppers, Canned, Minced	3 tsp
Kosher Salt	1/8 tsp
Lime Juice	2 1/2 tsp

Preparation:

1. Soak black beans overnight. Cover and cook in simmering water until tender. Drain and refrigerate until ready to use.
2. Heat oil in a large pot. Add onion and celery. Cook for 5 minutes over medium heat. Add cumin, paprika, and tomatoes. Cook for another 10 minutes. Add beans, lime juice, salt, and vegetable stock. Simmer an additional 30 minutes.
3. In a food processor, combine beans (including liquid), chipotle, salt and lime juice. Blend until smooth.

CHEF'S TIP: Spread on your favorite toasted bread and top with some queso fresco, diced tomato, cilantro and fresh lime juice for a new take on avocado toast without the avocado!

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
40	2	6	2	<1	1	0	80



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