

## **Black Bean Dip**

1 can (14oz/398mL) black beans, drained and rinsed  
2 tbsp lime or lemon juice, freshly squeezed  
2 garlic cloves, minced  
1 tbsp cumin  
1 tsp chili powder  
1 ½ chipotle peppers, minced  
3-4 tbsp chicken broth, low sodium  
2 tbsp fresh cilantro, parsley or red onion, chopped (optional)

- In a food processor, blend black beans, lime/lemon juice, garlic, cumin, chili powder and chipotle peppers until well mixed but still a bit chunky. Mix in chicken broth to achieve desired consistency.
- Pour into small serving bowl and sprinkle with chopped cilantro, parsley or red onion (optional).
- Serve with cut up raw vegetables or homemade tortilla chips. Dip can be kept for up to 3 days in the refrigerator. Makes 8 servings.

*Recipe by Gary Barone*