

Black Bean Hummus

Inspired by "FoodNetwork.com"

Ingredients:

- 1 can black beans, or other variety
- 1 garlic clove, minced
- 2 tablespoons olive or vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon white wine vinegar
- 1/2 teaspoon ground cumin
- Salt and pepper to taste

Method:

Blend all ingredients in food processor until smooth.

HopelinkHarvest@hope-link.org

Black Bean H

In

Ingredients:

- 1 can black beans, or other variety
- 1 garlic clove, minced
- 2 tablespoons olive or vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon white wine vinegar
- 1/2 teaspoon ground cumin
- Salt and pepper to taste

Method:

Blend all ingredients in food processor until s

hopelink 
HARVEST

Growing Co

hopelink 
HARVEST 