

Garden Bean Dip

*Any variety of bean can be used. Beans can be fresh, canned, dried, or frozen—simply rinse, soak, or thaw depending on your choice.

*Most ingredients are subject to change! If you are allergic or dislike specific veggies or herbs, you may want to omit or substitute. Mix and match as you please! Vegetables can be fresh or cooked. Pay special attention to drain ingredients well after processing if you choose to use fresh, uncooked veggies.

*If you don't have olive oil, substitute another oil or simply use the liquid (broth) remaining from beans after they have been drained.

Ingredients:

Beans, diced
Onion
Garlic
Carrots
Bell Peppers
Celery
Okra
Squash
Basil
Oregano
Sage
Thyme
Olive Oil
Salt & Pepper, to taste

1. Once beans are cooked and drained, reserve liquid for later use.
2. Add cooked beans to food processor, mix until smooth. Use hand mixer, potato masher, or back of a fork if you do not have a food processor.
3. Roughly chop remaining veggies and herbs. Add veggies and herbs to the beans. Make sure to scrape down the sides and mix well.
4. Begin drizzling oil (or broth) into mixer until you get the desired consistency, stopping to scrape down the sides often.
5. Add salt and pepper to taste.
6. Enjoy with your favorite cracker or chip!