



SOUTHWESTERN RED BEAN SPREAD

- 1 can (15 - 16 oz.) pinto beans, drained and rinsed
- 2 tbs. fresh squeezed lemon juice
- 2 tbs. fresh squeezed lime juice
- 2 tbs. tahini
- 1/4 to 1/2 crushed garlic
- 1/4 tsp. ground cumin
- 1/4 tsp. ground coriander
- 1/4 tsp. smoked paprika or chipotle chilli powder
- 1/4 cup fresh chopped cilantro or 1 tsp. dried oregano
- 1/4 cup fresh chopped parsley or additional cilantro

Combine beans, lemon juice, lime juice, tahini, cumin, coriander, and paprika in food processor. Process until very smooth and well blended. Add the fresh cilantro and parsley and pulse until the herbs are evenly distributed. Stored in in airtight container, Red Bean Dip will keep for 1 week in refrigerator.