



SOUTHWESTERN RED BEAN SPREAD

INGREDIENTS

- 1 can (15 - 16 oz.) Pinto beans, drained and rinsed
- 2 Tbsps Lemon juice, fresh squeezed
- 2 Tbsps Lime juice, fresh squeezed
- 2 Tbsps Tahini
- 1/4 to 1/2 Garlic, crushed
- 1/4 tsp Cumin, ground
- 1/4 tsp Coriander, ground
- 1/4 tsp Smoked paprika or chipotle chilli powder
- 1/4 cup Fresh cilantro, chopped or 1 tsp dried oregano, chopped
- 1/4 cup fresh parsley, chopped or additional cilantro, chopped

PREPARATION

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.

Store in in airtight container, red bean dip will keep for 1 week in refrigerator.