

Black Bean Dip

2 (15 oz) cans black beans, rinsed and drained
1/2 cup chopped yellow onion
1/3 cup chopped cilantro
1 clove garlic, minced
1 small jalapeño, seeds removed and diced
2 tablespoons fresh lime juice
1/4 teaspoon ground cumin
1/4 teaspoon chili powder
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
2 tablespoons cotija cheese, for garnish, optional

DIRECTIONS:

1. Put the black beans, onion, cilantro, garlic, jalapeño, lime juice, cumin, chili powder, salt, and black pepper in a food processor or blender. Blend until smooth.
2. Pour the black bean dip in a bowl and garnish with cotija cheese, if using. Serve with tortilla chips and/or cut up vegetables.

Note-omit the cheese garnish for a vegan dip. This dip is gluten free, just serve with gluten free chips/crackers.

For the kids, this bean dip was made without jalapeños and chili powder, but you can experiment at home to find your family's favorite combination. It goes well with salsa and guacamole as a layer dip!