

Super Easy Black Bean Dip



When you need a delicious and nutritious tortilla chip dip recipe but don't have more than 5 minutes to spare, this Super Easy Black Bean Dip recipe is coming to the rescue.

Prep Time: 5 minutes. **Total Time:** 5 minutes **Servings:** 4 servings **Calories:** 154

Ingredients

- 2 (14-oz each) cans low- sodium black beans (drained and rinsed).
- 2 Tbsp extra virgin olive oil 30 mL or any other oil you have.
- 2 Teaspoons fresh lime juice
- 4 garlic cloves (minced).
- ½ tsp smoked paprika
- ¼ tsp cumin,
- ¼ tsp ground coriander or fresh cilantro.
- ¼ tsp chili powder or 1 green jalapeno seeded.
- Salt and pepper to taste.

Instructions

In a bowl of a food processor, puree all ingredients until smooth, add cilantro and pulse until just combined. If you don't have a food processor, put everything through the blender but do not overdo it. If you want a smoother dip, you could add 1 Tbsp sour cream 15 g. and ¾ cup salsa.

Nutrition

Serving: 1serving | Calories: 154kcal | Carbohydrates: 15.9g | Protein: 5.9g | Fat: 8g | Saturated Fat: 1.5g | Cholesterol: 1mg | Sodium: 3mg | Potassium: 245mg | Fiber: 5.7g | Sugar: 0g | Calcium: 20mg | Iron: 1.4mg

Recipe from Live Eat Learn at <https://www.liveeatlearn.com/easy-black-bean-dip/>.

Author [Sarah Bond](#)

