



# BLACK BEAN DIP, WINDHAM RAYMOND SCHOOLS

SERVINGS: 50 CALORIES: 82 KCAL

A simple and healthy dip full of flavor that can be used for vegetables, chips, salads or sandwiches!

## INGREDIENTS

8 pounds 12 ounces Beans, black turtle canned, solids  
 1 tablespoons 2 teaspoons Garlic minced  
 1 tablespoon 2 teaspoons Cumin seed ground  
 2 pounds 8 ounces Salsa, mild  
 3 tablespoons 1 teaspoon Lime juice raw  
 1 tablespoons 2 teaspoons Water cold  
 1-1/4 cups Cilantro

## INSTRUCTIONS

1. Combine all ingredients in a food processor except cilantro until smooth. Season to taste with salt and stir in cilantro. Serve with veggie sticks or chips.
2. **\*\*Warm in oven with 1/4 cup of cheese on top for a warm dip!\*\***

## RECIPE NOTES

Yield 50 servings

Serving Size: 1/2 cup

HACCP Process: #1 No Cook

**Crediting: 1/2 cup is 2 oz meat/meat alternate OR 1/2 cup legume/vegetable**

## NUTRITION FACTS PER SERVING (0.25CUP)

Calories: 82 kcal | Fat: 0.3 g | Saturated fat: 0.1 g | Sodium: 458 mg | Carbohydrates: 15.6 g | Fiber: 5.7 g | Protein: 5.2 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*