



Black Bean Hummus

Cook Time: 5 Min

Serves 8

Ingredients

1 clove garlic

1 (16 ounce) can black beans, drained (reserve liquid)

2 tablespoons fresh lemon juice

1-2 tablespoons tahini

1 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon cayenne pepper

Instructions

1. Crush garlic clove and place in food processor
2. Add black beans, lemon juice, tahini, cumin, salt and cayenne pepper; process until smooth.
3. Add enough of the reserved liquid (1 tablespoon at a time) from the beans to reach desired consistency, pulsing after each addition.
4. Serve with tortillas, crackers or sliced vegetables.