BLACK BEAN DIP

INGREDIENTS

2 (15 oz) cans black beans, rinsed and drained (or you can use 1 cup dry black beans and cook them yourself)
1 cup grated carrot
¼ cup fresh lime juice (1-2 limes), or more to taste
¼ cup finely chopped green onions (scallions)
¼ cup chopped fresh cilantro
1 teaspoon minced garlic
¼ teaspoon salt

Serve with tortilla or pita chips or warm tortillas or pita bread.

METHOD

Pulse the beans in a food processor until smooth. Transfer to a bowl and add remaining ingredients.