

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

METHOD

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