

Easy Black Bean Dip

Yield: 6 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-black-bean-dip-recipe>

Ingredients:

- 30 ounces black beans rinsed and drained
- 1/2 cup yellow onion chopped
- 1/3 cup chopped cilantro
- 1 clove garlic minced
- 1 jalapeño small, seeds removed and diced
- 2 tablespoons fresh lime juice
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 tablespoons cheese cotija, for garnish, optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 10 grams
6. Protein: 9 grams
7. Sodium: 760 milligrams
8. Sugar: 1 grams

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