

Spicy Bean Dipping Sauce with Sour Cream

From Michigan Bean Commission



Ingredients:

- 2 (15 oz.) cans cranberry beans,
drained and rinsed
- 1 cup sour cream
- 1 tsp. garlic, chopped
- 1 scallion, chopped
- 2 T. fresh cilantro, minced
- 2 T. soy sauce
- 1/2 cup fresh lemon juice
- 1 T. Dijon mustard
- 1/3 cup oil
- 1/2 tsp. freshly ground pepper
- 1/2 tsp. ground cumin

To Prepare:

In a food processor puree beans with sour cream, garlic, scallion, cilantro, soy sauce, lemon juice and mustard until very smooth. With the motor running, add the oil in a slow stream until combined well with puree. Add the pepper and cumin and pulse once or twice to blend. Transfer to serving bowl and chill covered for 2 hrs. Serve with raw veggies or chips. Makes 4 cups.

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