

Bean Dip

Ingredients:

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|-----------------------|-----------------|
| Beans in tomato sauce | 1 can (398 ml) |
| Onion, finely chopped | 2 teaspoons |
| Garlic powder | ½ teaspoon |
| Cumin | ½ teaspoon |
| Oregano | ½ teaspoon |
| Cayenne pepper | dash (optional) |

Directions:

1. In a medium bowl, add beans in tomato sauce and mash well with a fork until smooth.
2. Add finely chopped onions and all spices and mix well.

Makes 2 cups

- ❖ This dip is great with vegetables.
- ❖ Spread on toast, crackers or on a baked potato.
- ❖ Use as a sandwich, taco or tortilla filling.