



# UW

## EXTENSION

### NUTRITION & FOOD SAFETY RECIPE OF THE MONTH February



### Spicy Three-Bean Dip

#### INGREDIENTS

- 1/2 onion, chopped
- 4 cloves garlic, minced
- 2 Tbsp olive oil
- 1 can garbanzo beans (chickpeas), drained
- 1 can pinto beans, drained
- 1 can black beans, drained
- 1 small can green chiles
- 1/3 cup olive oil
- 2 Tbsp lime juice
- 3 tsp chili powder
- 1 tsp cumin
- Salt and pepper to taste

#### EQUIPMENT

- Knife
- Cutting board
- Measuring cups and spoons
- Saute pan
- Food processor

#### DIRECTIONS

1. Sauté garlic in olive oil over medium heat. Once it develops a bit of color remove from pan and add to food processor.
2. Sauté onion over medium heat until translucent, add to food processor.
3. While garlic and onion are cooking add remaining ingredients to the food processor.
4. Process to desired consistency
5. Taste, and season further if desired

*Makes 20 servings*

*\*Note: This dip freezes well, so feel free to scale up and freeze a few containers for future use!*



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## Nutrition Facts

Serving Size: 1/4 cup (0.0g)

Servings Per Container: 20

**Amount Per Serving**

**Calories** 100      Calories from Fat 50

**% Daily Value\***

**Total Fat** 6g      **9%**

Saturated Fat 1g      **5%**

*Trans Fat* 0g

**Cholesterol** 0mg      **0%**

**Sodium** 170mg      **7%**

**Total Carbohydrate** 10g      **3%**

Dietary Fiber 3g      **12%**

Sugars <1g

**Protein** 3g

Vitamin A 2%      •      Vitamin C 4%

Calcium 2%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.