

Black Bean Hummus

Submitted by Kecia Hall

Ingredients:

- 1 cup cooked black beans
- 1 garlic clove, minced
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon white wine vinegar
- 1/2 teaspoon ground cumin
- Kosher salt and freshly ground black pepper
- Pinch of cayenne pepper (optional)

Directions

Blend all the ingredients in a food processor until almost smooth. Allow to sit for 15 minutes before serving. Serve with veggies, tortilla chips, or pita bread. Recipe yields four servings (3/4 cup each).