

Black Bean Dip II

Food Network Magazine

*2 cans (15 ounce ea) black beans,
drained*

*1 cup canned fire-roasted tomatoes
with green chiles*

1/2 cup fresh cilantro

1 clove garlic, grated

2 tablespoons olive oil

juice of one lime

1 teaspoon ground cumin

1 teaspoon ancho chile powder

1 teaspoon Kosher salt

In a food processor, pulse the black beans, tomatoes, cilantro, garlic, olive oil, lime juice, cumin, chile powder and Kosher salt.

Per Serving (excluding unknown items): 1576 Calories; 33g Fat (18.4% calories from fat); 85g Protein; 244g Carbohydrate; 59g Dietary Fiber; 0mg Cholesterol; 1908mg Sodium. Exchanges: 16 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 5 1/2 Fat.