
Black Bean Dip III

Bowe Moorman Pritchard

Party Recipes from the Charleston Junior League - 1993

Servings: 12

1/2 pound dried black beans, picked over and rinsed

1 quart water

1 ham hock

1 bay leaf

2 jalapeno peppers, seeded

2 cloves garlic

1/2 cup minced cilantro

1/3 cup fresh lime juice

salt (to taste)

freshly ground pepper (to taste)

Place the rinsed beans in a large saucepan or stockpot. Add the water, ham hock, bay leaf, jalapeno peppers, garlic and cilantro. Bring to a boil. Reduce the heat and simmer, uncovered, for 1-1/2 hours. Remove and discard the ham hock and bay leaf. Let the mixture cool somewhat.

Transfer the bean mixture in batches, using a slotted spoon, to the bowl of a food processor. Add all of the lime juice and just enough of the cooking liquid to form a smooth, thick paste. Transfer the paste to a bowl. Season with salt and pepper.

Refrigerate until ready to use.

(The dip will keep in the refrigerator for two or three days.)

Appetizers

Per Serving (excluding unknown items): 90 Calories; 2g Fat (18.2% calories from fat); 6g Protein; 13g Carbohydrate; 3g Dietary Fiber; 9mg Cholesterol; 9mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat.