
White Bean Dip III

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Party Recipes from the Charleston Junior League - 1993

4 cloves garlic
2 cans (15 ounce ea) white kidney beans, rinsed and drained
4 tablespoons fresh lemon juice
1/2 cup virgin olive oil
3 teaspoons ground cumin
2 teaspoons cayenne pepper (or less) (to taste)
salt (to taste)
white pepper (to taste)
4 tablespoons fresh cilantro leaves
fresh cilantro (for garnish)

Place the garlic in the bowl of a food processor. Process until finely minced. Add the kidney beans and lemon juice. Process until smooth.

Add the oil, cumin, cayenne, salt and white pepper. Process to incorporate.

Add the four tablespoons of fresh cilantro. Process for 30 seconds with on/off pulses. Transfer the dip to a bowl. Cover and refrigerate until chilled or overnight.

Before serving, sprinkle with the chopped cilantro.

Yield: 2 1/2 cups

Appetizers

Per Serving (excluding unknown items): 2357 Calories; 113g Fat (41.9% calories from fat); 96g Protein; 256g Carbohydrate; 63g Dietary Fiber; 0mg Cholesterol; 80mg Sodium. Exchanges: 16 1/2 Grain(Starch); 6 Lean Meat; 1 Vegetable; 1/2 Fruit; 22 Fat.