

# Chili Black Bean Dip

## Ingredients:

2 cups	Well-rinsed drained canned black beans or red kidney beans
1	Clove garlic
1 ½ tsp	Chili powder
1 tsp	Dried oregano
Pinch	Cayenne pepper (optional)
2/3 cup	Light (5%) sour cream

## Directions:

1. In food processor, combine beans, garlic, chili powder, oregano and cayenne (if using); pulse until beans are partially mashed. Add sour cream and process until smooth. Transfer to a serving dish.

## Nutrition Tip:

Making your own tasty bean dip couldn't be any easier when you have a food processor! Just puree the ingredients and voila! Beans are an excellent source of fibre and protein making them a great side or main to meals.

Calories: 72	Fiber: 3 g	Fat: 1 g	Cholesterol: 4 mg
Carbohydrate: 12 g	Protein: 4 g	Saturated fat: 1 g	Sodium: 163 mg