**Cook's Corner
Black Bean Hummus**

Celebrate Bean Day with this delicious Black Bean hummus Recipe. It makes a great snack for all ages!
**Ingredients**
3Ibs. canned low-sodium black beans, rinsed, drained
3Ibs. canned low-sodium garbanzo beans or chickpeas, rinsed, drained.
2 1/4 cups lemon juice
1 1/3 cups fresh garlic cloves, peeled
3 T. olive oil
3/4 t. salt
1 T. ground cumin
1 1/2 ground white pepper
2 1/2 cups fresh cilantro, diced
**Directions**
1. Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processer. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.
2. Using rubber spatula, scrape black bean mixture into a large bowl.
3. Add cilantro. Stir well. Keep refrigerated until ready to serve.
4. Serve with crackers, tortilla chips, or fresh vegetables.

Yields: 50 - 1/4 cup serving
Meal Pattern Contribution
1 oz. Meat/Meat Alternative

<https://www.whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/black-bean-hummus-usda-recipe-e17-cacfp>