**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>