

# **Zippy Black Bean Dip**

**From David Nuno**

## ***Ingredients:***

2 Cans GOYA Black Beans (Drained and Rinsed)

¼ Cup Red Onion, Finely Chopped

¼ Cup Tomato, Finely Chopped

¼ Cup Fresh Cilantro

1 Tbsp. GOYA Minced Garlic

1 Pepper from GOYA Canned Jalapenos (Chopped)

¾ Tsp. GOYA Ground Cumin

2 Tbsp. GOYA Extra Virgin Olive Oil.

1 Tbsp. GOYA Lemon Juice

GOYA Adobo Seasoning to Taste

## ***Instructions:***

- 1- In bowl of blender or food processor, combine beans, onions, tomatoes cilantro, garlic, jalapeño, if desired, cumin, olive oil and lemon juice. Puree until smooth, about 2 minutes; season with adobo.
- 2- Transfer bean dip to bowl; season with Adobo, to taste. Serve with vegetables.