

Black Bean Hummus

Makes 12 servings | Serving size: 2 Tbsp.

Ingredients Needed:

- 1 (16 ounce) can black beans
- ¼ cup peanut butter or soy nut butter
- 1 Tablespoon soy sauce
- 1 Tablespoon vinegar
- ½ teaspoon or 1 clove of garlic, minced
- ½ teaspoon cumin



Directions:

1. Drain and rinse beans and mash with a fork, potato masher, or blender.
2. Add peanut butter, soy sauce, vinegar, garlic, and cumin, mix well.
3. Serve with pita chips, vegetable sticks, or on bread.