

## **RECIPE**

Hero Vegetable: Black Beans

## Black Bean and Kalamata Olive Spread

## Ingredients:

15 oz cooked black beans, with broth ½ cup Kalamata Olives, pitted ½ tsp ground cumin 2 cloves garlic olive oil

## **Directions:**

Place all the ingredients in a food processor except for olive oil. Blend until slightly chunky. Place in a container and top with a little olive oil to preserve before storing in the refrigerator.