



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Black Beans**

Cuban Black Bean Dip

Ingredients:

15oz cooked black beans, reserve the broth
1 tsp salt plus more to taste
2 Tbs vinegar
½ white onion, diced
½ green bell pepper, diced
1 small bay leaf
1 small bunch cilantro
½ tsp oregano
½ tsp ground cumin
3 cloves garlic, roughly chopped
Vegetable oil

Directions:

In a 2-quart pot heat 3 tablespoons oil. Add the onion and bell pepper. Sauté until onion is translucent and tender. Add the garlic, oregano, cumin, and salt. Sauté for another couple minutes. If you are using canned beans, don't drain the broth. Add the beans with broth, bay leaf, and cilantro to the pot and let simmer for 15 minutes. With a submersion blender, blend the bean mixture until smooth. Add more broth depending on the consistency you prefer. (If it seems too thin for you, don't worry, it will thicken as it cools.) Place the dip in a container and top off with a little oil if you aren't serving it right away. Blend together just before serving.

*Traditionally, culantro (also known as recaon) is used for this dish and many other Cuban/ Puerto Rican dishes instead of its brother cilantro. If you would like to go with the more authentic version, you can find culantro at an international grocery store in the fresh herbs section. If it isn't available in your area, cilantro is the perfect substitute.