



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Black Bean Dip

Ingredients

- 2 cups black beans
- 2 garlic cloves, minced
- 2 Tbsp. vegetable oil
- 2 Tbsp. chopped cilantro
- 1 cup broth from beans or vegetable broth
- 1 cup diced Roma tomato
- 1 jalapeno, seeded and chopped
- ½ cup diced onion
- ½ tsp cumin
- Salt to taste

Directions

In a 1-quart pot, heat the oil over medium high heat. Sauté the onion and garlic until tender and aromatic. Add the tomato, cumin, beans, a sprinkle of salt, and broth. Simmer for 5 minutes. Add the jalapeno and cilantro. Cook for another 2 minutes. Remove from heat. Take a submersion blender and blend until slightly chunky or until smooth, whatever your preference. Add salt if needed. Serve warm or allow cooling completely and refrigerating until ready to serve.

Black Bean Hummus

Ingredients

- 2 cups cooked black beans
- 2 Tbsp. Tahini
- 2 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1 garlic clove
- ½ tsp ground cumin
- ½ tsp salt

Directions

Place all the ingredients except for the oil in a blender and blend until smooth. Transfer the hummus to a bowl and top with the oil to keep it fresh. Refrigerate for 1 hour and stir the hummus before serving.

Vanilla Black Bean Ice Cream

Ingredients

- 2 cups cooked black beans, rinsed
- 2 cups heavy cream
- 14 oz sweetened condensed milk
- 2 tsp vanilla

Directions

In a food processor or blender, combine one-cup heavy cream, black beans, and vanilla. Blend until smooth. Set aside.

Pour the remaining whipping cream into the bowl of an electric mixer and whip at medium speed until it forms soft ribbons. Add in the sweetened condensed milk and black bean mixture. Whip again until just combined. Pour into a freezer safe container and freeze at least four hours or overnight.