

White Bean Dip with Dill



Prep:

5 minutes

Total:

45 minutes

Makes:

10 full servings

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

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Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

This refreshing dip is great for an appetizer served with brown rice crackers, great to put on top of salad, steamed veggies or even as a topping for veggie burgers.

1

cup

navy beans soaked overnight (or 1 can)

(208

g)

2

cloves garlic

¹/₄

cup

lemon juice

(60

mL)

2 - 4

tablespoons

tahini

(30 - 60

g)

1

tablespoon

olive oil

(15

mL)

salt and pepper to taste

1

bunch

of fresh dill or basil, finely chopped

Directions:

1. Drain soaked beans and place in sauce pan with enough water to cover generously. Cover and cook over medium heat. When Vapo-Valve? clicks, reduce heat to low and continue to cook until tender, approximately 45 minutes - 1 hour.
2. Place garlic, lemon juice, and half of the beans into blender or food processor and blend well.
3. Add the remaining beans, tahini, olive oil, salt and pepper and blend until smooth (add water if desired).
4. Transfer spread to bowl and stir in the fresh herbs.

Nutritional Information per Serving

Calories:

120

Total Fat:

5g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

239mg

Total Carbs:

15g

Dietary Fiber:

6g

Sugar:

1g

Protein:

6g

Analysis based on 4 tablespoons of tahini