

Black Bean Dip

Ingredients

2 C cooked black beans
1 jalapeno chili, minced
1 small chopped onion
1 Tbsp fresh chopped garlic
1 C sour cream (or use yogurt)
1 tsp cumin
salt, pepper to taste

Directions

Puree the beans in a blender or food processor. Add rest, puree until smooth.
Chill before serving.