

# Kidney Bean Spread

## Prep Time

10 minutes

## Prep Notes

n/a

## Cooking Time

n/a

## Yields

10 servings

## Ingredients

2-3 cups cooked kidney beans plus 1/4 cup bean liquid  
3 tbsps brown rice vinegar  
2 cloves garlic  
3 tbsps olive oil  
1 tbsp flax seed oil  
1/2 tsp sea salt  
1/4 cup minced cilantro  
1/4 cup minced green onions

## Directions

1. Combine 2 cups of beans, bean juice, vinegar, garlic, oils and salt in a food processor or blender.
2. Process until smooth and creamy. If you want a thicker dip add the extra cup of beans 1/4 cup at a time until you reach the desired consistency.
3. Transfer to a bowl.
4. Add salt, cilantro and green onions and mix with a spoon.
5. Taste and adjust seasonings as necessary.
6. Serve with cut up veggies or chips.

## Notes

- You can use canned beans. Wash them well, and add 1/4 cup water instead of cooking liquid.