



## Black Bean Hummus

Side Dish

**Portion Size** ¼ Cup

Source: School Nutrition Plus, Inc.

### Ingredients

Black Beans, low-sodium, canned  
 Green Peppers, cut into triangles  
 Vegetable Oil, canola  
 Lemon Juice, raw  
 Ground Cumin  
 Kosher Salt, ground course box  
 Black Pepper  
 Garlic, raw

### 100 Portions

#### Measure

16 lbs + 14 oz  
 13 peppers  
 1 lb + 2 ¾ oz  
 1 lb + 5 ¼ oz  
 ⅝ oz  
 1 ¼ oz  
 ⅝ oz  
 5 oz

### Directions

Wash your hands before you begin. Place gloves on hands after washing hands.

Drain and rinse the canned black beans. Set aside.

In a large bowl, combine all ingredients, except the green pepper triangles, and mix well. Use an immersion blender or place the mixture in a food processor. Blend the ingredients until you get a thick paste.

Hold for cold service at 41° F or lower. Serve with green peppers cut into triangles.

### Components

**Vegetable** ¼ cup

### Nutrients Per Serving

**Calories** 121.060 kcal  
**Total Fat** 5.382 g  
**Saturated Fat** 0.400 g  
**Trans Fat** 0.021 g

**Cholesterol** 0.000 mg  
**Carbohydrate** 13.828 g  
**Dietary Fiber** 5.209 g  
**Sugars** 0.167 g

**Protein** 4.624 g  
**Sodium** 260.027 mg  
**Iron** 1.886 mg  
**Calcium** 30.874 mg

**Vitamin A** 3.708 IU  
**Vitamin C** 2.787 mg  
**Water** 6.428 g  
**Ash** N/A

**BEANS: Simply Delicious, Naturally Nutritious**  
 Find more delicious bean recipes at [BeanInstitute.com](http://BeanInstitute.com)

