

Upper Valley Farm to School Network's Pink Bean Dip

Ingredients:

*1-2 cloves garlic	1-2 T olive oil or *sunflower oil
*2 cups cooked white beans (reserve some bean water)	2 T lemon juice
*½ cup raw beets, cubed or grated	Optional: 1-2 T tahini (sesame seed paste)
1 tsp salt	*Carrots, peeled and cut into sticks

*These ingredients are available from local farms all year round!

Directions:

1. If starting with dry beans, cover in water and soak overnight. Change water, then boil for 45-60 minutes (until they're soft enough to be easily squished with a fork). Drain most of the water. Save some water to add to the dip to make sure it's the right consistency. Let cool for at least 10 minutes before continuing with the recipe.
2. Add all ingredients to a food processor, starting with the garlic and working your way down the ingredient list. If you don't have a food processor, you can chop the garlic with a knife, grate the beets with a cheese grater, and mash the beans with a fork. Your dip will be chunky but still delicious!
3. Scoop the dip into a bowl with a spatula or spoon. Eat with carrot sticks. Enjoy!

Upper Valley Farm to School Network's Pink Bean Dip

Ingredients:

*1-2 cloves garlic	1-2 T olive oil or *sunflower oil
*2 cups Vermont Cranberry beans, cooked (reserve some bean water)	2 T lemon juice
*½ cup beets, cubed or grated	Optional: 1-2 T tahini (sesame seed paste)
1 tsp salt	*Carrots, peeled and cut into sticks

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