

# Cumin-Spiked Pinto Bean Dip



20 min.



4 servings



PER SERVING  
221 CAL  
FAT: 5.2g  
CARB: 36g  
PROTEIN: 10g

30

## INGREDIENTS

- 1 tbsp Olive Oil
- 1 ½ tbsp Cumin
- ¼ tsp Cayenne Pepper
- ½ cup Vegetable Broth
- 1 Onion
- 1 tsp Salt
- 2 tbsp Lime Juice
- 3 cups Pinto Beans

## DIRECTIONS

1. Heat oil in sauté pan and cook onions until they begin to brown around the edges, about 4 minutes. Add 1 tbsp of the cumin and all the cayenne pepper and cook for another 30 seconds. Turn off the heat and let mixture cool for a minute.
2. Drop the onion, beans, broth, lime juice and last of the cumin into a food processor. Blend until creamy, taste and add salt as needed.



Original Recipe: Thug Kitchen