

EASY RECIPE FOR FAMILY FUN.

Chunky Garbanzo Bean Dip

Serving size: ¼ cup

Cost per serving: \$0.17

Makes 8 servings

Prep time: 10 minutes

Ingredients:

1 15 oz can garbanzo beans

2 tablespoons vegetable oil

2 tablespoons chopped onion

Lemon pepper and salt to taste

Directions:

1. Drain and rinse the beans and mash in a small bowl with a fork or potato masher until most of the beans have been crushed. If you have a food processor, you can use it for this step.
2. Stir in oil and onion along with lemon pepper and salt to taste. The mixture will be chunky, not smooth.
3. Serve with veggies like carrots, pea pods and celery.

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**Fill celery pieces with this
tasty dip for a fun snack you
can take on the go.**

Dip. Eat. How easy is that?

Nutrition Information

Calories: 102

Fat: 4 grams

Saturated fat: 0 grams

Cholesterol: 0 milligrams

Sodium: 185 milligrams

Fiber: 3 grams

Protein: 3 grams



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