

BEAN SPREAD

INGREDIENTS

- 2 (15 ounce) cans of **low-sodium pinto beans**
- $\frac{1}{3}$ cup chopped **round onion**
- 1 small **bell pepper** (about $\frac{1}{2}$ cup minced)
- 1 rib **celery** (about $\frac{1}{2}$ cup minced)
- 3 tablespoons **lemon juice**
- $\frac{1}{2}$ teaspoon **dry ground mustard**
- $\frac{1}{2}$ teaspoon **salt**

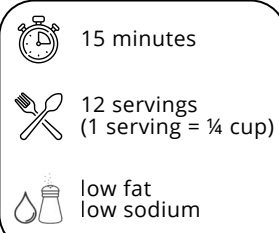
DIRECTIONS

Always practice food safety when cooking.

- 1) Drain and rinse beans in a colander. Set aside.
- 2) Mince onion, bell pepper, and celery. Set aside.
- 3) In a large bowl, mash beans with a fork or potato masher until half of the beans form a paste.
- 4) In a small bowl, mix lemon juice, dry ground mustard, and salt.
- 5) Add lemon juice mixture to mashed beans.
- 6) Add onion, bell pepper, and celery.
- 7) Mix gently and cover bowl. Refrigerate until ready to serve.

NOTES

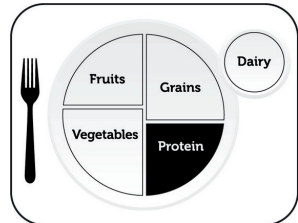
- Kidney, garbanzo (chickpeas), or other canned beans may be used.
- Dry beans may be used for less sodium. See “Beans” (page 9) in the “Food Basics” section for instructions on the preparation of dry beans.
- Serve spread on whole wheat crackers, tortillas, or pita bread.
- Use as a dip for vegetables.
- Vinegar can be used in place of the lemon juice.



15 minutes

12 servings
(1 serving = $\frac{1}{4}$ cup)

low fat
low sodium



Nutrition Facts	
12 servings per container	
Serving size	1/4 cup (99g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.