

Ingredients

- 4 cloves garlic, peeled
- 2 Cups cooked pinto beans
- 2 green onions, sliced
- 2 limes, juiced
- 2 Tablespoons olive oil
- 1/2 teaspoon coriander seeds, ground in mortar and pestle
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 Tablespoons water
- 1/2 bunch cilantro, chopped

Directions

1. First, in a small sauté pan, sauté garlic in a small amount of olive oil until golden brown.
2. Second, add beans, green onions, lime juice, olive oil, garlic, coriander, paprika, cayenne pepper, salt, and pepper to a food processor.
3. Third, ask students to taste the dip and add or adjust ingredients to their preference.
4. Fourth, add water and process until very smooth for about 1 minute.
5. Fifth, transfer the bean dip into a bowl and garnish with cilantro.
6. Sixth, serve and enjoy!

*Chef's Choice: Serve with chips or veggies! For a chunkier dip, use a potato masher to mash beans to desired consistency.