

Bean Dip

Meal Components: Vegetable, Vegetable - Beans / Peas, Meat / Meat Alternate

Sauces, Condiments & Dressings, Snacks, G-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans, drained	1 lb 6 oz	3 1/2 cups	2 lb 12 oz	1 qt 3 cups	<ol style="list-style-type: none">1. Mash or blend all ingredients, either by hand or by using a food processor.2. CCP: Hold at 40°F or colder. Refrigerate until ready to serve.3. Portion with No. 30 scoop (2 Tbsp).
Lemon juice		1 1/2 tsp		1 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Vegetable oil		2 Tbsp		1/4 cup	
Low-sodium soy sauce		1/2 tsp		1 tsp	
Ground black or white pepper		1/8 tsp		1/4 tsp	
Dried parsley		2 Tbsp		1/4 cup	
Water		1/4 cup		1/2 cup	

Notes

Special Tip:

For a tasty snack, serve this dip with whole wheat pita wedges.

Serving

Yield

Volume

2 Tbsp (No. 30 scoop) provides 1 Tbsp of beans or the equivalent of ¼ oz cooked lean meat.

25 Servings: 1 lb 9 oz

25 Servings: 3 1/3 cups

50 Servings: 3 lb 2 oz

50 Servings: 1 qt 2 2/3 cups

Nutrients Per Serving

Calories	55	Saturated Fat		Iron	1 mg
Protein	2 g	Cholesterol		Calcium	13 mg
Carbohydrate	9 g	Vitamin A	25 IU	Sodium	115 mg
Total Fat	2 g	Vitamin C	2 mg	Dietary Fiber	2 g