BEAN SALAD SPREAD

Number of servings: 16

Ingredients:
- 2 (15-ounce) can of beans (pinto, kidney, garbanzo)
- ½ small round onion
- ½ cup bell pepper OR celery OR a mixture of both
- 1 ½ teaspoons lemon juice OR vinegar
- ¼ teaspoon salt
- ¼ teaspoon powdered mustard
- Optional: 2-3 tablespoons water

Directions:
1. RINSE and DRAIN beans.
2. MINCE onion and bell pepper/celery.
3. In a large bowl, MASH beans until half of them are a paste.
4. ADD lemon juice, salt and mustard to bean paste.
5. ADD onion and pepper/celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and COVER bowl. REFRIGERATE until ready to serve.

Variations:
Dry beans may be used. Cook according to package directions.
Serve spread on tortillas, whole wheat crackers, or pita bread.
Use as a dip for vegetables.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.