Bean Salad Spread

Ingredients:
1 (15 ounces) cans of beans (pinto, kidney, garbanzo)
¼ small round onion
¼ cup bell pepper OR celery OR a mixture of both
2 teaspoons lemon juice OR vinegar
⅛ teaspoon salt
⅛ teaspoon powdered mustard
Optional: 1-2 tablespoons water
Crackers or vegetables

Directions:
1. RINSE and DRAIN beans.
2. CHOP 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 bell 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.

Funded by:
Executive Office on Aging
In collaboration with:
University of Hawaii
College of Tropical Agriculture and Human Resources
Cooperative Extension Services
Food Stamp Nutrition Education Program