



Black Bean Puree

This is so INSANELY great that you'll lap it up like a thirsty dog

Comparing this to a can of blended black beans is like comparing a Formula One race car to a 76 Ford Pinto. Years ago, my wife surprised me by having a cooking show come to our house. The Chef helped my wife prepare a Latin dinner to surprise me when I got home. The most memorable part of that meal for me (of the food), was the black bean puree. I had NEVER had anything like it before and asked him to show me how to make it. This is my WW-erized version of his dish, which was served in place of regular beans. I'm presenting it here as a dip.

Ingredients:

- 1/2 cup diced onion
- 1/2 cup diced poblano pepper, seeds removed
- 1/2 cup diced red bell pepper
- 1 medium garlic clove
- 1/2 cup chopped cilantro, packed
- 45oz canned black beans, rinsed and drained.
(1 30oz can and 1 15oz can, oooooor 3 15oz cans lol)
- 1-1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp red wine vinegar
- 1/2 cup chicken broth
- 1/2 tsp garlic powder

Serving Info.:

Yields: 3-1/2 cups

Servings: 7

Serving Size: 1/2 cups



Range

0-3

- last checked 11/25/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Use a colander to rinse and drain the black beans. Rinse off that disgusting black goop from inside the cans, till the water runs clean. Let the beans drain, then set aside.
2. In a medium sized pot, use cooking spray to cook the onion, garlic, and both the poblano and red peppers, over medium heat. Add the salt and pepper, cook until softened.
3. Add the vinegar, chicken broth, garlic powder, salt, pepper and cumin. Stir to combine. Allow the mixture to come to a simmer, then add the black beans and cilantro. Allow to cook down for 5 minutes, stirring occasionally.
4. Carefully pour or scoop the hot bean mixture into a food processor, then process on high speed until smooth.
5. Taste, then season with additional salt & cumin, if needed. Garnish with cilantro, diced tomatoes and a small amount of fat free feta cheese, enough to stay 0 points.

Notes:

- You can use a green bell pepper instead of a Poblano. A poblano is pretty much the same as a regular bell pepper, but a darker green, and with a slight smokiness when cooked. It's not spicy.
- If you don't have a food processor, use an immersion blender in the pot, though.
- I call this a dip, but you can use it in place of refried beans as a side dish. Trust me... it's good.

