

Black Bean & Goat Cheese Dip



FOODSERVICE



SERVING SIZE: 20

Ingredients

- 1 liquid tablespoon Water
- 1 cup Diced Onion
- 1 teaspoon Minced Garlic
- 1 1/2 teaspoons Cumin
- 3 cups **Furmano's Low Sodium All Natural Black Beans**, Drained & Rinsed
- 1 liquid cup Chicken Broth
- As Needed Salt
- As Needed Black Pepper
- 1 cup Poblano Chilies, Roasted & Chopped
- 1/2 cup Green Onion, Sliced
- 1/2 cup Cilantro, Chopped
- 12 ounces Goat Cheese

In This Recipe



Black Beans - 15.5 oz.



Pouch Black Beans in Brine



Low Sodium - All Natural
Black Beans in Brine

Preparation

1. Preheat oven to 375*
2. In a medium sauté pan over medium heat, add Olive Oil.
3. Add Onions and sauté until translucent.
4. Add Garlic and Cumin. Sauté for 3 minutes.
5. Add half of the Furmano's Black Beans. Heat and then mash.
6. Add remaining half of the Black Beans, Chicken Broth, Salt and Black Pepper. Set aside.
7. In a large bowl, mix together Poblanos, Green Onion, and Chopped Cilantro.
8. In an ovenable dish place half of the bean mixture. Top that with half of the goat cheese. Top that with half of the Poblano mixture. Repeat.
9. Bake in oven for 30-35 minutes. Serve hot.

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