

# Spicy Chipotle White Bean Dip



This is an AMAZING dip (if I do say so myself) with just enough kick, to serve with pita, chips or crackers (all gluten or grain free preferably) vegetables, spread it on a wrap or taco...

It has minimal and simple ingredients, making it a quick appetizer to whip up for game day or to bring as a dish to share at a party. It is a tad spicy, but not overbearing. It is a smoky-spice, giving it a rich flavor that is very satisfying. I'd recommend DOUBLING the recipe, as it goes super fast!! Enjoy!

- 1 (15-ounce) can Cannellini Beans, drained and rinsed
- 1 & ½ Chipotle Peppers in Adobo sauce, or more, to taste
- 2 cloves Garlic
- 2 tablespoons Lemon Juice
- 1 teaspoon Cumin
- 1 teaspoon Dark Chili Powder
- ¼ cup plus 2 tablespoons Olive Oil

## Directions:

In the bowl of a food processor, combine cannellini beans, chipotle peppers, garlic, lemon juice, cumin and chili powder. With the motor running, add olive oil in a slow stream until emulsified.

## What the heck is a Cannellini Bean?

Well... for starters it is a cool name for white kidney bean ☺. White kidney beans are a protein-rich starchy vegetable, full of vitamins, minerals and an excellent source of dietary fiber. Adding them to your diet offers a variety of health benefits such as promoting digestive health and preventing heart disease. White kidney beans are large and squared at the edges, unlike smaller white beans, such as navy beans. Kidney beans, like other beans and legumes, are rich in both types of dietary fiber -- soluble and insoluble. Both forms of fiber offer health benefits. Want more info on these guys? <http://www.healwithfood.org/healthbenefits/cannellini-beans.php>

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