

# Black Bean Dip – Vegan – SOS

Prep Time: 15 minutes  
Total Time: 15 minutes

Yield: 2.5 cups  
Serving Size: 5  
Calories per serving: 78  
Fat per serving: 0

## Ingredients

- 1 1/2 cups homemade black beans, no salt or 15-ounce can no-salt added
- 2 tablespoons salsa, no-salt added
- 1/4 cup green onions, chopped
- 1 1/2 tablespoons red wine vinegar
- 1/4 cup red bell pepper, diced
- 1 1/2 tablespoons red onion, minced
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## Instructions

1. Place beans in a food processor, with salsa, and vinegar, and process until smooth.
2. In a pan over medium heat, sauté onions and bell peppers. Add the bean mixture to the pan and mix well for 2 minutes.
3. Chill before serving.

## Notes

Nutrition facts (per serving - 1/2 cup): Calories: 78, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 8mg, total carbohydrate: 15g, fiber: 5g, sugar: 1g, protein: 5g.