

## Black Bean Hummus

- 1 large clove of garlic
- 1 (15 ounce) can black beans
- 2 tablespoons lemon juice
- 1 tablespoons tahini
- 2 teaspoons ground cumin
- ½ teaspoon salt
- 2 tbsp olive oil
- ¼ teaspoon cayenne pepper
- ¼ teaspoon paprika
- ¼ cup cilantro
- ½ of a large tomato or 2 medium Roma tomatoes



- Make sure to rinse the black beans well with water in the sink until all of the small bubbles are gone to prevent them from causing gas.
- Blend all ingredients up in a food processor or blender.
- Make sure to grate or chop up the garlic before you put it into the food processor with the rest of the ingredients.