



## **Black Bean Puree**

### **INGREDIENTS:**

1 cup	Black beans, cooked
2 tablespoons	Water
1 teaspoon	Salt
2 teaspoon	Chili powder

### **METHOD:**

- Blend all ingredients in a food processor until smooth.

**Serves:** 4

**Serving Size:** ¼ cup

**Calories:** 60  
**Fat Grams:** 0 gm  
**Sodium:** 60 mg  
**Carb:** 10 gm  
**Protein:** 4 gm