

## Healthy Bean Dip 4 Ways

### Ingredients:

#### For the Kidney Beans:

- 4 cups IMBO kidney beans

#### For Beetroot Bean dip:

- 1 cup cooked IMBO kidney beans
- 2 beetroots (roasted)
- 4 tbsp lemon juice
- 2 tsp crushed garlic
- Salt and pepper to taste
- Water, to reach desired dip consistency
- Pomegranate seeds, to garnish

#### For the Spicy Avocado Bean Dip:

- 1 cup cooked IMBO kidney beans
- 1 medium ripe avocado
- ½ cup fresh coriander leaves
- 4 tbsp lime juice
- ¼ tsp cayenne pepper
- ½ tsp ground cumin
- Salt and pepper to taste
- Water, to reach desired dip consistency
- Finely chopped coriander, to garnish

#### For the Turmeric Bean Dip:

- 1 cup cooked IMBO kidney beans
- ½ cup cashew nuts
- 1 tbsp olive oil
- 1 tbsp water
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp cumin
- Salt and pepper to taste
- Water, to reach desired dip consistency
- Mixed seeds, to garnish

#### For the Roasted Carrot Bean Dip:

- 2 cups carrots, roasted
- 2 cloves garlic, peeled
- 2 sprigs rosemary
- 2 tbsp olive oil
- Salt and pepper, to taste
- 1 cup cooked IMBO kidney beans
- Water, to reach desired dip consistency
- Light dusting of cayenne pepper, to garnish

## Method:

### Preparing the Kidney Beans:

1. Pour the kidney beans into a pot, cover with water and boil for 5 minutes.
2. Switch off the heat and allow the beans to soak for an hour in the boiling water.
3. Drain the beans and refill the pot before bringing to the boil and cooking until soft. About 40 – 50 minutes. Drain the beans once cooked.

### For Beetroot Bean dip:

1. Preheat oven to 200°C.
2. Toss peeled beetroot with oil, salt and pepper on a baking sheet; roast until tender, about 20 minutes.
3. Pour all of the ingredients into a blender. Add water slowly to the mixture as you blitz in order to reach your desired consistency. Blitz until smooth.
4. Pour the dip into a bowl, smooth the top & garnish with pomegranate seeds.

### For the Spicy Avocado Bean Dip:

1. Pour all of the ingredients into a blender. Add water slowly to the mixture as you blitz in order to reach your desired consistency. Blitz until smooth.
2. Pour the dip into a bowl, smooth the top & garnish with chopped coriander.

### For the Turmeric Bean Dip:

1. Pour all of the ingredients into a blender. Add water slowly to the mixture as you blitz in order to reach your desired consistency. Blitz until smooth.
2. Pour the dip into a bowl, smooth the top & garnish with mixed seeds.

### For the Roasted Carrot Bean Dip:

1. Preheat oven to 200°C.
2. Toss carrots, garlic, and rosemary with oil, plus salt and pepper on a baking sheet; roast until tender, about 20 minutes.
3. Transfer to a blender; discard rosemary.
4. Add the cooked beans and more salt and pepper.
5. Add water slowly to the mixture as you blitz in order to reach your desired consistency. Blitz until smooth.
6. Pour the dip into a bowl, smooth the top & garnish with cayenne pepper.

### Assembly:

1. Serve the bean dips with an assortment of rainbow healthy veggies on a large rainbow platter.