

# Food Babe's Southwest Black Bean Dip



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	2 hrs	2 hrs, 10 mins	4

<https://foodbabe.com/slow-cooker-southwest-black-bean-dip-homemade-chips>

## Ingredients:

- 1 ½ cups cooked black beans
- ½ yellow onion, diced
- 1 tablespoon garlic clove, minced
- 1 teaspoon cumin powder
- ¼ teaspoon cayenne pepper
- ½ cup goat cheese, crumbled
- ¼ cup scallion, chopped, divided
- 1 fresh tomato, peeled, seeded, and diced
- 2 tablespoons fresh cilantro, chopped
- 1 pinch sea salt, to taste
- 1 pinch fresh ground pepper, to taste

## Toppings:

- 1 tablespoon fresh lime juice
- 2 tablespoons pumpkin seeds (pepitos)

## Instructions:

1. Place all of the ingredients except 1 tablespoon of the chopped scallions, lime juice, and pumpkin seeds in the slow cooker.
2. Cook on high for 2 hours or until the goat cheese is melted.
3. When done, turn off the slow cooker and mash the beans. Transfer to a bowl and mix in the lime juice. Garnish with 1 tablespoon of scallions and the pumpkin seeds. Enjoy!

## Notes:

- Please choose all organic ingredients if possible.