

Bean Dip

Meat Alternate or Vegetable

Snacks

G-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans, drained	1 lb 6 oz	3 ½ cups	2 lb 12 oz	1 qt 3 cups	1. Mash or blend all ingredients, either by hand or by using a food processor. 2. CCP: Hold at 40° F or colder. Refrigerate until ready to serve. 3. Portion with No. 30 scoop (2 Tbsp).
Lemon juice		1 ½ tsp		1 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Vegetable oil		2 Tbsp		¼ cup	
Low-sodium soy sauce		½ tsp		1 tsp	
Ground black or white pepper		⅛ tsp		¼ tsp	
Dried parsley		2 Tbsp		¼ cup	
Water		¼ cup		½ cup	

SERVING:	YIELD:	VOLUME:
2 Tbsp (No. 30 scoop) provides 1 Tbsp of beans or the equivalent of ¼ oz cooked lean meat.	25 Servings: 1 lb 9 oz 50 Servings: 3 lb 2 oz Edited 2014	25 Servings: 3 ⅓ cups 50 Servings: 1 qt 2 ⅔ cups

Special Tip:
For a tasty snack, serve this dip with whole wheat pita wedges.

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Nutrients Per Serving

Calories	55	Saturated Fat	0.20 g	Iron	0.53 mg
Protein	1.88 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	8.56 g	Vitamin A	25 IU	Sodium	115 mg
Total Fat	1.52 g	Vitamin C	2.0 mg	Dietary Fiber	1.7 g