

Pinto Bean Dip with Roasted Pine Nuts



Chef: Crystal Wahpepah

Region: Western/Southwestern

Serves 15

Ingredients

Pinto Bean dip with roasted pine nuts

- **2 cups of cooked pinto beans***
- 1 cup of pine nuts, fresh, foraged
- ¼ cup water or bean juice

Boldfaced items are available through the FDPIR Foods Available List or through USDA DoD Fresh Program.

Instructions

1. Add 2 cups of cooked pinto beans of 1 can of pinto beans or to a blender with water or bean juice
2. Add roasted pine nuts
3. Blend until smooth, add additional water if necessary to reach desired thick/thinness

Serve with celery or crackers.

*Can use either canned pinto beans or 2/3 cup dry pinto beans. If using dry pinto beans, soak the beans overnight in water and then boil them on the stovetop for 1 hour before starting this recipe

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