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
● ⅛ 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 or 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 ⅓ 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

This work was supported by the U.S. Department of Agriculture, Office of Tribal Relations, Indigenous Food Sovereignty Initiative.