

Bean Dip

G-02 Modified

Meat or Bean

Snacks

Source: Modified USDA Recipes for Child Care

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. Refrigerate until ready to serve. 3. Portion with No. 16 scoop (1/4 cup or 4 Tbsp).
Lemon juice		1 ½ tsp		1 Tbsp	
Granulated garlic		1 tsp		2 tsp	
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:

4 Tbsp (No. 16) provides 2 Tbsp of beans or the equivalent of 1/2 oz cooked lean meat.

Yield:

25 Servings: 1 lb 9 oz

50 Servings: 3 lb 2 oz

Volume:

25 Servings: 3 1/3 cups

50 Servings: 1 qt 2 2/3 cups

Special Tip:

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

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Nutrients Per Serving			
Calories	40	Saturated Fat	0 g
Protein	2 g	Cholesterol	0 mg
Carbohydrate	8.5 g	Vitamin A	6.25 IU
Total Fat	0.5 g	Vitamin C	0.37 mg
Calories from Fat	5 (13%)		
		Iron	0.66 mg
		Calcium	11.33 mg
		Sodium	60 mg
		Dietary Fiber	2 g

Source: Modified USDA Recipes for Child Care Recipe E-07. Removed Vegetable Oil.