

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

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