



White Bean Queso Dip



Estimated Time: 25 mins

Nutrition Per Serving

8 Servings

Calories	1420
Protein	80.25g
Total Carbohydrates	185g
Net.....	32.28g
Sugar	7.2g
Fiber.....	53g
Total Fat	41g
Saturated Fat	6.4g
Polyunsaturated Fat	6.215g
Monounsaturated Fat	18.27g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	2157mg
Potassium.....	1446mg
Phosphorus	496.05mg
Calcium	848.25mg

Recipe provided by
Chef Duane.

Ingredients

- ½ cup un-salted cashews
- 1 (15 oz.) can cannellini beans, rinsed and drained (2 cups)
- ¼ cup nutritional yeast
- ½ cup oat milk (or other plant-based milk)
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon Taco Seasoning (see recipe card)
- ¼ teaspoon onion powder
- ⅓ teaspoon garlic powder

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions

1. Place cashews in saucepan and cover with water. Simmer on low heat for 15 minutes.
2. While cashews are simmering, drain and rinse the canned cannellini beans.
3. After 15 minutes, remove heat and drain the remaining water from the saucepan.
4. Combine chili powder, smoked paprika, Taco Seasoning (see separate recipe card), onion powder and garlic powder in a small jar, and shake well.
5. In a food processor, add drained beans, nutritional yeast, oat milk, and the Taco Seasoning. Then, add drained nuts to mixture and process until smooth.
6. Next, cook the mixture over low heat, stirring occasionally until warm.
7. Serve this quick dip with vegetable sticks such as celery, carrots, or peppers as a tasty appetizer!

Disclaimer: Be sure to speak with your doctor if you have food allergies, food sensitivities (non-IgE reactions), are unsure of an ingredient in this recipe or have specific diet restrictions.