

# White Bean Queso Dip



Estimated Time: 25 mins

## Nutrition Per Serving

|                                 |        |
|---------------------------------|--------|
| 8 servings (3 Tbsp per serving) |        |
| Calories .....                  | 176    |
| Protein .....                   | 10g    |
| Total Carbohydrates .....       | 23g    |
| Net .....                       | 16.5g  |
| Sugar .....                     | 0.9g   |
| Fiber .....                     | 6g     |
| Total Fat .....                 | 5g     |
| Saturated Fat .....             | 0.8g   |
| Polyunsaturated Fat .....       | 0.7g   |
| Monounsaturated Fat .....       | 2.2g   |
| Trans Fat .....                 | 0g     |
| Cholesterol .....               | 0mg    |
| Minerals                        |        |
| Sodium .....                    | 260mg  |
| Potassium .....                 | 171mg  |
| Phosphorus .....                | 56.8mg |
| Calcium .....                   | 104mg  |

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
- ⅛ 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: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.