



Cannellini Bean & Sour Cream Dip



Equipment	Ingredients
Food processor (or blender)	<ul style="list-style-type: none">• 1 can (400g) cannellini beans, drained and rinsed
Small mixing bowls x2	<ul style="list-style-type: none">• 2 cloves garlic, minced
Chopping board	<ul style="list-style-type: none">• 2 tbsp olive oil
Cook's knife	<ul style="list-style-type: none">• 2–3 tbsp sour cream (adjust to taste/creaminess)
Wooden spoon	<ul style="list-style-type: none">• 1–2 tbsp lemon juice
Measuring cups	<ul style="list-style-type: none">• 1 tsp ground cumin (optional)
Measuring spoons	<ul style="list-style-type: none">• Smoked paprika
Spatula (for scraping down sides of processor)	<ul style="list-style-type: none">• Salt and pepper, to taste
Serving bowl	<ul style="list-style-type: none">• Fresh herbs for garnish (parsley, chives, or dill)

Method

1. **Blend:** In a food processor, combine the cannellini beans, garlic, olive oil, sour cream, lemon juice, and cumin.
2. **Process until smooth:** Blend until creamy. If too thick, add a small splash of water or more sour cream.
3. **Season:** Taste and adjust salt, pepper, or lemon juice.
4. **Serve:** Spoon into a bowl, drizzle with olive oil, and sprinkle with fresh herbs.
5. **Enjoy:** Serve with crackers, toasted bread, or veggie sticks.
6.  **Tip:** For an extra flavor kick, you could add a little smoked paprika or roasted red peppers—it pairs really well with the creaminess of the sour cream.