

# White Bean Dip

*If you like hummus then try this white bean dip for something a little bit different. It's easy to make, tastes delicious and is a great source of protein. Serve with crackers or bread sticks.*

Recipe adapted from-

[kidspot](#)



## Ingredients

1 tbsp olive oil  
1 clove garlic, crushed  
2 x 400g cans cannellini beans  
3/4 cup chicken stock  
2 tbsp lemon juice  
Salt and pepper

Optional- Warrigal greens

## Equipment

Mixing bowls  
Large mixing spoon  
Large saucepan  
Butter knife  
Tray  
Colander

## Method

1. Heat the oil in a saucepan over medium heat.
2. Add garlic and sauté for a minute. Add beans and stock and simmer for 10 minutes.
3. Use a stab mixer or blender to purée the mixture. Stir in lemon juice.
4. Cool and serve as a dip with crackers or bread sticks.



Add any herbs and salt and pepper to taste.

A drizzle of olive oil on the top before serving is always nice.

If you want to add some extra flavour to this dip use some of the warrigal greens from the garden. This is an alternative to spinach.

Either add them to the fry pan and blend with the beans or finely chop them and fry with some olive oil and garlic to add to the top of the dip or fold into the mixture.

