

K's Kitchen: Black bean dip

By Kathryn Reed

There is such a thing as too much garlic. I learned this the hard way.

Usually I'm of the belief garlic is a food group. Not so with this recipe. The first time I made it I put way too much garlic in it. I kept eating it, but it really wasn't that great.

So, the trick to any dish is to season, taste and season until it tastes just right. Do the same with the garlic. Because cloves come in varying sizes and taste buds are different it is better to add more garlic as needed because it's impossible to take it out.

We had plenty leftover since it was not the best the first time. Sue used some with scrambled eggs and said it was wonderful. I used the mix as a base for nachos.

This could be served warm or cold. If serving it heated, adding about a quarter cup of cheese would work and make it a little thicker.

It's not the most attractive looking appetizer. A sprig of cilantro or even some chopped up and put on top would make it a little more appetizing to those who don't know what they are about to eat.

Black Bean Dip

1 15 ounce can black beans, drained

$\frac{1}{4}$ C medium onion, rough chop

4-6 cloves garlic

$\frac{1}{4}$ C roasted red peppers

$\frac{1}{4}$ C vegetable broth

2 T balsamic vinegar

Put all ingredients into a blender. Serve with chips