

Avocado White Bean Dip (No Blender Needed)

Serves 4

INGREDIENTS:

- 1 ripe avocado, peeled and pitted
- 1 (14.5 ounce) can white beans
- 1/4 cup freshly chopped cilantro
- Juice of 1 lime
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt, plus more as needed
- For serving: vegetables (like peppers, carrots, or celery), chips, or crackers



DIRECTIONS:

1. In a mixing bowl, combine all ingredients and smash together with a fork until semi-smooth and still somewhat chunky.
2. Season with additional salt and pepper as needed.
3. Serve immediately with vegetables, tortilla chips, crackers, pita chips, or bread.

Storage: Can be stored for 4-5 days in a container in the fridge

18 Reasons is a nonprofit community cooking school on a mission to empower our community with the confidence and creativity needed to buy, cook, and eat good food every day.



牛油果白豆醬(不用攪拌機)

份量: 4 人份

材料:

- 1 個熟透牛油果, 去皮去核
- 1 罐(約 14.5 安士)白豆
- 1/4 杯新鮮切碎香菜
- 1 個青檸的汁
- 1 茶匙孜然粉
- 1 茶匙蒜粉
- 1 茶匙洋蔥粉
- 1 茶匙鹽(可按口味增減)
- 食用建議: 配蔬菜(如甜椒、紅蘿蔔或西芹)、玉米片或餅乾



做法:

1. 將所有材料放入一個攪拌碗中, 用叉子搗碎至半滑狀, 仍保留少量顆粒感。
2. 按口味加入額外的鹽和黑胡椒調味。
3. 可立即配蔬菜、玉米片、餅乾、皮塔餅片或麵包享用。

保存方法: 可放入密封容器, 置於雪櫃保存 4-5 日。

18 Reasons 是一个非营利社区烹饪学校
使我们的社区充满信心和能力的使命
每天购买、烹饪和享用美食需要创造力