

# Smoky Chipotle Butter Bean Dip

Creamy, smoky, and packed with plant-powered nutrition, this butter bean dip is a flavorful twist on traditional hummus. Butter beans provide fiber and plant-based protein to support satiety and gut health, while tahini and extra virgin olive oil contribute heart-healthy fats. Roasted garlic, chipotle, and fresh lime create a vibrant balance of smoky heat and bright citrus, making this dip a delicious addition to vegetables, whole grain crackers, or sandwiches.

## INGREDIENTS

1 15 ounce can butter beans, drained and rinsed  
2 cloves garlic, roasted  
1 tablespoons tahini  
1 1/2 tablespoons extra virgin olive oil  
1/2 chipotle pepper in adobo , plus 1 teaspoons adobo sauce  
1-2 limes, juiced  
1/2 teaspoon ground cumin  
1/4 teaspoon smoked paprika  
salt, to taste

## METHOD

1. Drain and rinse beans then place in food processor.
2. Add all other ingredients to food processor and purée until smooth and creamy.
3. Add salt to taste.

## SERVES

4

## TIME

10 MIN

## SPECIAL EQUIPMENT

Food processor

## STORAGE

Store in an airtight container in the fridge for up to one week