



White Bean Queso Dip



Estimated Time: 25 mins

Nutrition Per Serving

8 servings (3 Tbsp per serving)	
Calories	176
Protein	10g
Total Carbohydrates	23g
Net	16.5g
Sugar	0.9g
Fiber	6g
Total Fat	5g
Saturated Fat	0.8g
Polyunsaturated Fat	0.7g
Monounsaturated Fat	2.2g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	260mg
Potassium	171mg
Phosphorus	56.8mg
Calcium	104mg

Recipe provided by
Chef Duane

Ingredients

- ½ cup un-salted cashews
- 1 (15 oz) can cannellini beans, rinsed and drained (2 cups)
- ¼ cup nutritional yeast
- ½ cup oat milk (or other plant-based milk)
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon Taco Seasoning (see recipe card)
- ¼ teaspoon onion powder
- ⅛ teaspoon garlic powder

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions

1. Place cashews in saucepan and cover with water. Simmer on low heat for 15 minutes.
2. While cashews are simmering, drain and rinse the canned cannellini beans.
3. After 15 minutes, remove heat and drain the remaining water from the saucepan.
4. Combine chili powder, smoked paprika, Taco Seasoning (see separate recipe card), onion powder and garlic powder in a small jar, and shake well.
5. In a food processor, add drained beans, nutritional yeast, oat milk, and the Taco Seasoning. Then, add drained nuts to mixture and process until smooth.
6. Next, cook the mixture over low heat, stirring occasionally until warm.
7. Serve this quick dip with vegetable sticks such as celery, carrots, or peppers as a tasty appetizer!

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.