

Cheesy-Beany Spread

From the Kitchen of Delisa Renideo

1 can white beans, drained (or 2 cups cooked white beans)	1/2 tsp. onion powder
1 Tbsp. Tahini	1/2 tsp. prepared mustard (optional)
2 Tbsp. nutritional yeast	1/2 tsp. salt (only if NOT using canned beans)
Approx. 1 – 2 Tbsp. roasted red bell pepper (enough for cheesy color)	1 1/2 Tbsp. lemon juice (or more to taste)
1/2 tsp. garlic powder	A few drops of liquid smoke

Combine all ingredients in food processor or blender and mix thoroughly, until creamy.

- To spice it up, try stirring in salsa, chopped onions, and cilantro.
- This spread makes a delicious spread for bread, pita bread, or crackers.
- It is delicious as a dip.
- It is also makes a wonderful quesadilla. Spread on a tortilla, sprinkle with salsa and chopped onions, top with another tortilla, and heat briefly on both sides on an ungreased skillet. **Or** stuff the mixture in pita pockets and toast in the toaster, cut-side up of course (this is our “fast food”).
- This spread keeps well in the refrigerator for a week.
- Cheesy-Beany Spread can also be frozen, so make a big batch and freeze some for later.