White Bean and Basil Dip

Grocery List

* 540 ml can Cannelini Beans. Drained and rinsed
* 2 cloves Garlic, crushed
* 2 Tbsp. diced Red Onion,
* 6 stalks Parsley
* 7 – 9 Basil leaves (depending on size) (approximately 2 Tbsp. Chopped)
* Approx. ¼ C EVOO
* Sea Salt / Black Pepper
* ½ Tsp. Dried Basil
* 1/3 Tsp. Dried Parsley

Prep Time: 10 Min



1. Using a food processor, pulse the onion and garlic together a few times to begin chopping them up. Add in the fresh parsley and basil and pulse another 3 or 4 times to chop and combine.
2. Add the beans, dried herbs, and a good pinch of sea salt and black pepper (about ½ Tsp. Sea Salt and a tiny bit less for the Pepper) Pulse until the beans are virtually mashed.
3. With the processor running, slowly pour in the EVOO until the dip is the consistency that is preferred (about ¼ C)
4. Adjust seasoning. Transfer to a serving bowl and drizzle with EVOO. Garnish with fresh Parsley. Enjoy with Pita bread, pita crisps, or crackers.