# Bean Dip

**Meat Alternate or Vegetable**  
**Snacks**  

**G-02**

### Ingredients

<table>
<thead>
<tr>
<th></th>
<th>25 Servings</th>
<th>50 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>Canned garbanzo beans, drained</td>
<td>1 lb 6 oz</td>
<td>3 1/2 cups</td>
<td>2 lb 12 oz</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 1/2 tsp</td>
<td>1 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Granulated garlic</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td></td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>2 Tbsp</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Low-sodium soy sauce</td>
<td>1/2 tsp</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Black pepper</td>
<td>1/8 tsp</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Dried parsley flakes</td>
<td>2 Tbsp</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>1/4 cup</td>
<td>1/2 cup</td>
<td></td>
</tr>
</tbody>
</table>

### Directions

2. Refrigerate until ready to serve.

### SERVING:

- 2 Tbsp provides 2 Tbsp of meat alternate or vegetable

### YIELD:

- **25 Servings:** 1 lb 9 oz
- **50 Servings:** 3 lb 2 oz

### VOLUME:

- **25 Servings:** 3 cups
- **50 Servings:** 1 qt 2 cups

### Special Tip:

For a tasty snack, serve this dip with whole wheat pita wedges.

### Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>32</td>
</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>4 g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.2 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>.2 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2 RE/25 IU</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>.6 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>14 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>109 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
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</tbody>
</table>