

Cuban Black Bean Dip

1 Large Onion

2 Tbsp Mayonnaise

1 Green Bell Pepper

5 Tbsp White Vinegar

2 Cloves of Garlic

5 Tbsp Olive Oil Olive Oil

10 Tbsp Ketchup

2 Cans (15 oz) Black Beans

2 Tbsp Sugar

15 Green Olives

2 Tbsp Worcestershire Sauce

Finely chop onion, pepper, & garlic. Sauté in olive oil until the onions look transparent. Add the black beans. Cook the beans and onion/pepper/garlic mixture on medium heat for 10 minutes. Remove from heat & allow to cool. When the beans are cold, add all remaining ingredients and mix well. Serve with saltine crackers or pita chips.

Submitted by Megan Stanley