

Garlic Bean Dip

(Serves 2)

1/3 pound green beans
2 cloves garlic, minced
1/2 teaspoon onion powder
1-1/2 tablespoons tahini
1 teaspoon soy sauce or tamari

Steam green beans for 10 minutes in about a cup of water until tender, yet firm. Rinse beans under cold water when done. Meanwhile, place remaining ingredients in a blender or food processor. Add cooked beans. Blend 2 minutes or until creamy.

Serve with crackers.

Recipe from [Simply Vegan](#) by Debra Wassermen.

