

Lacto-Fermenting: *The Easy & Healthy Way*

BLACK BEAN DIP

Key Points

- Simple to make
- Great live healthy bacteria count
- High in dietary fiber and antioxidants
- Easy for the digestive tract to process

RECIPE:

Lacto-fermented Black Bean “Dip”

*Great for use as a dip or in place of refried beans.
Best served at room temperature or slightly heated.
Bean paste can serve as a base in many recipes.*



Ingredients:

- 3 cups “homemade” cooked, cooled, drained Black Beans
- ¼ to ½ of a medium onion, roughly chopped (optional)
- 1 clove of garlic, peeled (optional)
- 2 teaspoons unrefined sea salt
- ¼ cup whey, drained from “live” yogurt

NOTE: DO NOT use canned beans, as they contain chemicals and preservatives that will interfere with fermentation.

You Will Also Need:

- Quart-sized Wide-mouth Glass Jar
- Air-lock System (to fit your wide-mouth jar) [*available at CookingGodsWay.com*]
- Food Processor

Instructions:

1. Place roughly chopped onion and garlic into food processor (if using). Process until they are finely minced.
2. Add your cooked beans and process briefly until mixture is slightly chunky.
3. Add all the salt and process to mix.
4. Pour in whey and process until mixture is smooth or at the consistency you prefer. If the mixture appears dry and unable to form a smooth puree, some filtered water may be added.
5. Transfer the puree to the quart jar (a wide mouth funnel helps minimize mess). Leave at least 1 inch space from the top of the jar for expansion. Tap the jar gently on counter to remove any air bubbles or pockets.
6. Assemble the air-lock system, and screw onto jar snugly. Fill the air-lock with filtered water to the “fill” line and cap.
7. Let ferment for 3 days at room temperature. (Check on beans daily to ensure the jar will not overflow. If needed, tap the jar gently on counter, or stir beans down, to remove air bubbles.)
8. After the fermenting period, remove the air-lock system, replace with solid storage lid, and transfer jar to cold storage. (Kept in the refrigerator, the beans can last 1+ months.)

Makes 1-Quart.

NOTES



Tips for Cooking Beans

Soaking your dried, uncooked beans overnight in water, like Grandma used to do has a purpose...

Not only does this help the beans cook up much faster, but it helps to remove anti-nutrients that can cause gas, heartburn, and other digestive issues.