

Black Bean Garlic Dip

Serves 4 | Prep Time 5 minutes | Cook Time 15 minutes

- 16 ounces Eden Organic Spicy Refried Black Beans
- 1 Tbsp Extra Virgin Olive Oil
- 2 cloves garlic, minced
- 14 1/2 ounces Eden Organic Diced Tomatoes w/Green Chilies, do not drain
- 1/2 cup onion, diced
- 1/4 cup fresh parsley, minced

Heat oil in a medium skillet and sauté the garlic and onion for 3 to 4 minutes. Add the refried beans and tomatoes. Mix until hot. Turn off the flame and mix in the parsley. Serve hot or chilled with Eden Brown Rice Chips, Vegetable Chips, Sea Vegetable Chips, pita chips or organic corn chips.

Per serving: 157 Calories, 5g Fat (27% calories from fat), 7g Protein, 22g Carbohydrate, 8g Fiber, 0mg Cholesterol, 182mg Sodium



 EDEN FOODS®

Brown Rice and Bean Soup

Serves 5 | Prep Time 10 minutes | Cook Time 25 minutes

- 1 Tbsp Extra Virgin Olive Oil
- 1/2 cup diced onions
- 1 clove garlic, minced
- or 1 teaspoon roasted garlic granules
- 1/4 cup organic sweet corn, fresh or frozen
- 1/4 cup diced celery
- 15 ounces Eden Organic Rice & Beans
- 16 ounces Eden Organic Refried Beans
- 1/4 tsp Sea Salt, or to taste
- 1 pinch freshly ground black pepper, or to taste
- 14.5 ounces Eden Organic Diced Tomatoes, do not drain
- 2 cups water
- 1/4 tsp dried basil
- 2 Tbsp fresh parsley, minced, for garnish

Heat oil in a medium soup pot, and sauté the onion for 2 minutes. Add all remaining ingredients except the parsley. Mix thoroughly, cover and bring to a boil. Reduce the flame to medium-low and simmer for 20 minutes or until creamy. Serve garnished with parsley.

Per serving: 191 Calories, 4g Fat (18% calories from fat), 8g Protein, 35g Carbohydrate, 8g Fiber, 0mg Cholesterol, 333mg Sodium



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