

Tepary Bean & Sunflower Seed Spread

© Elissa Rubin-Mahon 2008

3 cups well cooked Tepary Beans
1 cup roasted and shelled sunflower seeds
fresh lemon juice
½ cup good olive oil
2 large cloves garlic, minced
finely crushed medium-hot chili to taste
pinch dried Wild Mexican Oregano or chopped cilantro to taste

Place garlic and sunflower seeds in the work bowl of a food processor. Blend in processor until the seeds become sunflower meal. Add the tepary beans and olive oil and pulse until you have a rough paste.

Adjust seasoning to taste with salt, lemon juice, oregano and chili. Add more olive oil if necessary to make a slightly loose mixture.

Refrigerate for several hours to allow flavors to develop.

Serve with flatbread wedges or simple crackers.

Source: Tepary Beans and Wild Mexican Oregano are available online from Native Seed Search.