

Roasted Garlic White Bean Dip

Ingredients

- 1/4 cup olive oil
- 2 heads garlic
- 1 Tablespoon fresh thyme, chopped
- 1 Tablespoon fresh rosemary, chopped
- 2 15.5 ounce cans or 3.5 cups cooked cannellini beans (white Italian kidney beans), drained
- 2 Tablespoons white balsamic or apple cider vinegar
- 1/4 teaspoon salt
- 1/4 cup walnuts, chopped (optional)
- sprinkle of** smoked or plain paprika , (optional)
- 1/2 teaspoon additional fresh thyme, chopped (optional)

Method

To roast the garlic, peel off outer layers of garlic paper, chop off the top quarter of the head of garlic, toss with a few tablespoons of olive oil, wrap in foil and roast at 400 degreesF for 45 minutes. Let cool until you can handle it. Squeeze out garlic into the food processor or blender.

To cook cannelloni beans, soak 1 1/4 cups beans overnight in about 6 cups of water overnight. Drain and rinse very well with fresh water. Add enough fresh cool water to cover by about 2 inches over top of soaked beans. Bring water to a boil and skim off and discard any foam that forms on surface. Reduce heat, cover and simmer until beans are tender, 1 to 1 1/2 hours. Strain off the cooking liquid and let it cool. Store in refrigerator or freezer for later use in soup. Measure 3.5 cups of cooked beans and store any extra in the refrigerator or freezer.

If using canned beans, rinse.

Add all ingredients to a food processor or high powered blender. Blend until dip is smooth and creamy. Transfer to a serving bowl and serve with fresh vegetables.

Notes



I have doubled the roasted garlic from the original recipe. Roasting mellows the sharpness of garlic and the doubled amount lends a delicious warm, rich flavor that is unmistakably good. If you like less, use less. If you like a more pronounced garlic flavor, separate the cloves from one head of garlic, remove the paper covering the cloves and bake those along with the full head of garlic in the foil for the same length of time. The separated cloves will be more dry and stronger and add little flavor burst to the dip.

I sometimes add chopped nuts (walnuts, pecans) for depth of flavor and bite and a sprinkle of paprika (smoked or plain) and chopped fresh thyme to the top.

Source: <https://www.bunsenburnerbakery.com/roasted-garlic-white-bean-dip/> (10 servings)