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Curried Carrot Spread

Prep Time: 20 mins

Cook Time: 15 mins

Rest Time: 4 h

Total Time: 35 mins

Ingredients

- 3 cup(s) carrot(s), sliced
- 3/4 cup(s) onion(s), chopped
- 3 clove(s) garlic, minced
- 2 tablespoon oil, olive
- 1 tablespoon curry powder
- 1 teaspoon cumin, ground
- 1 can(s) beans, white kidney, (15 ounces) rinsed and drained
- 3/4 teaspoon salt
- scallion(s) (green onions), (optional) thinly sliced
- crackers, or melba toast, baguette slices or vegetables

Recipe Tip:

Chill 4 hours to 3 days.

Preparation

1. In a covered medium saucepan, cook carrots in a small amount of boiling water about 15 minutes or until very tender. Drain.
2. Meanwhile, in a small skillet, cook onion and garlic in hot oil until tender. Stir in curry powder and cumin. Transfer carrots and onion mixture to a food processor; add white kidney beans and salt. Cover and process until smooth. Transfer to a serving bowl; cover and chill for 4 hours to 3 days. Tote spread, vegetable dippers (if using), and sliced green onion (if using) in an insulated cooler with ice packs. Tote crackers, melba toast, and French bread slices (if using) in an airtight container.
3. If using, garnish with green onion. Serve with crackers, melba toast, toasted French bread slices, or vegetable dippers.

