

USE IT UP™

COOK ME

OZHARVEST



**ROASTED
VEGETABLE DIP**



ROASTED VEGETABLE DIP



Prep time



Cook time



Serves

A Recipe by OzHarvest

NEED

200-300g roasted
vegetables

1/2 can lentils,
beans or chickpeas
(don't throw out the
liquid!)

1 tbsp olive oil

Pinch of smoked
paprika

Salt and pepper

Have you ever only needed half a can of lentils, beans or chickpeas and forgot to use up the other half? Make your food go further with this roasted vegetable dip!

HOW

1. Place roasted veges and beans into a small food processor. Blend until smooth. Tip: You can also use a stick blender!
2. Add lentil/bean liquid from the can into the processor if the consistency is too thick. Blend again until smooth.
3. Season with salt and pepper to taste.
4. Spoon mixture into a bowl and smooth out.
5. Dress with olive oil and smoked paprika.
6. Serve with our Use It Up Bread Chips or your favourite crackers!



**SAVE FOOD.
SAVE MONEY.
SAVE THE PLANET.**