Sauces / Germany

Warm white beans and pumpkin dip · Germany

A smooth cooked-pulse and vegetable dip with Germany-inspired seasonings, enough for four diners.

Time 30 min **Servings** 4

What you'll need.

- ☐ 480 g drained cooked white beans
- ☐ 30 ml neutral cooking oil
- ☐ 100 ml water
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste
- ☐ 350 g pumpkin
- ☐ 25 ml lemon juice
- ☐ 20 g German mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Clean and chop the vegetable, then boil or steam until completely tender. Drain well.

02 Rinse the cooked pulses and heat with the water until piping hot.

03 Carefully blend with the cooked vegetable, oil, lemon juice and listed flavourings, adding warm water if needed.

04 Serve warm as part of a meal. Cool any leftovers promptly and refrigerate.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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