White-bean dip with three separate toppings

Dip-and-topping prep card • Free, no signup or purchase.

Blend the dip

Drain and rinse one 15-ounce can of white beans. Blend with 1 tablespoon olive oil, 1 tablespoon lemon juice, 1 small garlic clove and 2 tablespoons water; add water a teaspoon at a time for the desired texture.

Prepare three toppings

Keep chopped parsley, chopped roasted red pepper and a pinch of smoked paprika in separate small bowls. Taste the dip and season lightly with salt and pepper.

Chill and serve

Refrigerate the dip covered until serving. Add toppings to individual portions so the main batch stays plain. Keep perishable dip cold and follow the food-safety source linked below.

Important

Use the worksheet to plan portions and toppings. Check ingredient labels for allergens. Refrigerate perishables promptly. For transport without refrigeration, use an insulated bag and at least two cold sources.

White-bean dip with three separate toppings

Dip-and-topping prep card • Free, no signup or purchase.

Batch date / time

Ingredient amounts or substitutions

Allergens to identify

Portions / container sizes

Refrigeration / transport plan

What to change next time

LAYOUT / SPACING PRACTICE