

## **Caramelized Onion and Kidney Bean Spread (Good for Days 1,2,3,4, 9, 10)**

*6 to 8 servings*

**1 tablespoon extra-virgin olive oil**

**2 large onions, thinly sliced**

**1 ½ cups cooked kidney beans; rinsed and drained**

**Salt & freshly ground black pepper to taste**

1. In a medium skillet, heat the olive oil over medium heat.
2. Add the onions and sauté until golden, about 10 minutes.
3. In a food processor fitted with a steel blade, combine the onions and beans and process until smooth.
4. Season with salt and pepper to taste.
5. Transfer to a serving bowl and set aside for at least 30 minutes to allow the flavor to develop. Serve at room temperature.