



Garlic White Bean Dip

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4-6 People	10 MIN	0 MIN		

Garlic white bean dip is a smooth and creamy dip made with white beans, fresh garlic, olive oil, and lemon juice. It has a mild, rich flavor with a subtle garlic kick, making it a perfect alternative to hummus. This easy recipe comes together in minutes and is ideal for snacks, appetizers, or spreads. It's light, healthy, and packed with flavor, making it a great addition to any table.

Ingredients

- 1 can (15 oz) white beans (cannellini or navy), drained and rinsed
- 2-3 garlic cloves
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2-4 tablespoons water (as needed)
- Salt and pepper to taste
- Fresh parsley (optional, for garnish)

Recipe Summary

- Prep Time: 10 minutes

- Cook Time: 0 minutes
- Total Time: 10 minutes
- Servings: 4-6
- Course: Appetizer / Dip
- Cuisine: Mediterranean-inspired

Cooking Method

Instructions

1. Add white beans, garlic, olive oil, and lemon juice to a food processor.
2. Blend until smooth.
3. Add water gradually until desired consistency is reached.
4. Season with salt and pepper.
5. Transfer to a serving bowl.
6. Garnish with parsley and drizzle with olive oil if desired.
7. Serve immediately or chill before serving.

Cooking Tips

- Use **cannellini beans** for the creamiest texture

- Blend longer for a smoother dip
- Adjust garlic depending on how strong you like the flavor

Variations

- Add roasted garlic for a sweeter taste
- Mix in herbs like rosemary or thyme
- Add a pinch of chili flakes for heat
- Blend with tahini for a hummus-style version

What to Serve with Garlic White Bean Dip

- Pita bread
- Crackers
- Fresh vegetables
- Toast or crostini
- Sandwich spreads

Storage

Store in an airtight container in the refrigerator for up to 4-5 days.

Reheating

No reheating needed. Serve chilled or at room temperature.

Frequently Asked Questions

Can I use dried beans instead of canned?

Yes, cook them fully before using.

Is this dip vegan?

Yes, it's naturally vegan and dairy-free.

Can I freeze white bean dip?

Yes, freeze in an airtight container for up to 2 months.

Recipe Author

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