

Recipe Name	<b>Curried Carrot Dip</b>		<b>Food Groups per Serving</b>	
Serves	50		Vegetables & Fruits	0.5
Serving Size	30ml/ 2 tbsp		Grains	0
Total Cost per recipe	\$4.48		Milk & Alternates	0
Total Cost per serving	\$0.09		Meat & Alternates	0
Costed July 20, 2010				
<b>Ingredient</b>	<b>Amount Used in Recipe</b>	<b>Unit</b>	<b>Cost per Recipe</b>	<b>Cost per Serving</b>
Carrot	1.00	kg	2.193	0.044
Onion	125.00	ml	0.306	0.006
Garlic	30.00	g	0.230	0.005
Canola oil	50.00	ml	0.073	0.001
Curry Powder	15.00	g	0.249	0.005
Cumin	5.00	g	0.139	0.003
Kidney beans, canned	398.00	ml	1.290	0.026
1. Cook carrots in a covered medium saucepan in a small amount of boiling water for about 10 minutes or until tender.				
2. In a small skillet, cook the chopped onion and minced garlic in the oil until soft but not brown. Stir in curry and cumin.				
3. Blend the carrots and the onion mixture in a food processor until smooth, and then place the mixture in a bowl.				
4. Puree the white beans in a food processor until smooth. Add them to the bowl with the carrot/onion mixture. Mix Well.				
5. Season to taste.				
6. Cover and chill until ready to serve. (Good dip for cauliflower.)				
<b>MSVU Child Care Centre Menu Plan Project</b>			<a href="http://www.msvu.ca/menuproject/">http://www.msvu.ca/menuproject/</a>	