

Maple & Scallion Bean Dip

Serves 4-6



½ lb dried Pinto beans, soaked

¼ lb dried Great Northern beans, soaked

½ cup Maple syrup

10 Scallion shoots, chopped (or Canadian Wild

Garlic shoots if using only native species)

2 tbsp Sunflower oil

1 tsp Smoked salt; more as desired

3 cups Water

- Soak dried beans in water overnight, discarding that water the next day.
- Add 2 tbsp sunflower oil, water, smoked salt, and beans to a medium-large saucepan. Bring to a boil over medium-high heat.
- Reduce heat to medium-low and simmer; after 30 minutes, add maple syrup & chopped scallion. Continue to simmer beans, stirring occasionally, for another 1-2 hours or until beans are soft & smooth.
- Add chopped scallion greens, oil, and salt to taste.



Pinto Beans

Phaseolus vulgaris

Beans first appear in the Ohio River Valley around the 10th Century CE & were commonly grown by Ft. Ancient people.

Canadian Wild Garlic

Allium canadense

Visible from March to June, this is one of three species of onion native to the Eastern United States.

