

PINTO BEAN DIP

Prep Time: 7 minutes

Cook Time: 15 minutes

Included in Box:

- 1 c. pinto beans, cooked
- ½ c. canned low sodium diced tomatoes

Additional Ingredients Needed:

- 1 small onion (~½ c.), finely chopped
- ½ c. shredded cheese (preferably reduced fat)
- 1 T garlic powder
- 1 tsp chili powder

Directions:

1. Add ¼ c. water and onion to pan over medium-high heat; cook until translucent (3-4 minutes).
2. Add diced tomato, garlic and chili powder to pan; mix and cook for 1 minute.
3. Add cooked pinto beans; cover and cook for 10 minutes over low heat.
4. Remove from heat. Use blender to puree, or mash with fork until smooth.

Tip:

Serve with fresh vegetables like carrot sticks or celery for a hearty snack or side dish.



Nutrition Facts*

Total Servings: 8
Serving Size: ¼ c.
Calories: 58
Fat: 1.5 g
Sodium: 43 mg
Carbohydrates: 8 g
Fiber: 2.5 g
Protein: 3 g
Carbohydrate Servings: ½

**Nutrient facts include boiled pinto beans, canned no salt added diced tomatoes, 1 small white onion, finely shredded four cheese Mexican blend, and spices.*