



Cheesy Tex-Mex Bean Dip

Servings: 12

Ingredients:

- 15-ounce can black beans, drained
- $\frac{3}{4}$ cup salsa
- $\frac{1}{4}$ cup onion, chopped
- $\frac{1}{8}$ teaspoon garlic powder
- $\frac{1}{4}$ cup low-fat cheese, grated
- Baked taco chips (optional)

Directions:

1. Wash hands and surfaces.
2. Blend all ingredients except cheese in a blender or food processor, or mash with a fork. Pour into microwave-safe serving dish.
3. Heat in a microwave oven at medium power for 2 to 3 minutes. If not warm, heat 1 to 2 minutes more. Sprinkle cheese over top and cover. Let stand until cheese melts.
4. Serve with baked taco chips.
5. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 30

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 220mg

9%

Total Carbohydrate 6g

2%

Dietary Fiber 2g

8%

Sugars 1g

Protein 2g

Vitamin A 0%

Vitamin C 4%

Calcium 2%

Iron 2%

Tips:

- Serve with fresh vegetables or whole-wheat crackers.
- For a main dish, serve the dip over a baked potato.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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