

Chili Bean Dip 4 servings

Dried and canned beans are inexpensive sources of protein. By draining and rinsing canned beans, you can reduce sodium content by up to 40%.



2 cups cooked dried beans OR 1 (15 ounce) can pinto beans, drained and rinsed
1 teaspoon chili powder
2 Tablespoons onion, scrubbed with clean vegetable brush under running water and chopped
½ cup Cheddar cheese, shredded

1. Wash hands with soap and water.
2. In a medium bowl, mash beans.
3. Add chili powder, onion, and cheese. Mix well.
4. Serve warm with tortilla chips or serve cold with raw vegetables.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving: (1/4 of recipe) Calories 150, Total Fat 6 g (9% DV), Saturated Fat 3 g (16% DV), Cholesterol 15 mg (5% DV), Sodium 410 mg (17% DV), Total Carbohydrate 17 g (6% DV), Dietary Fiber 5 g (21% DV), Sugars 1 g, Protein 9 g, Vitamin A 6%, Vitamin C 2%, Calcium 15%, Iron 10%.