

Bean dip



Recipe credit

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About this recipe

Serves

7

Serving size

1/4 cup

Time to make

10 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1 15-ounce can pinto beans, drained, rinsed (about 1 1/2 cups cooked)
- 1/2 cup salsa or picante sauce
- Optional: 1/4 cup chopped onion
- 1 clove of garlic, minced, or 1/8 teaspoon garlic powder

Directions

1. Put all ingredients in bowl. Mash with fork until almost smooth. Or blend in blender or food processor until smooth.
2. If desired, warm in microwave at 50% power for 2-3 minutes. If still not warm, heat an additional 1-2 minutes.
3. Serve.

Tips and variations

- Make cooked pinto beans from scratch to save money. Follow the instructions for the quick hot soak or overnight soak method found on [Preparing dry beans and whole dry peas](#).
- Serve bean dip with cheese, tortilla chips, or whole wheat crackers.
- Serve leftover dip in pocket bread with ham and cheese. Warm in a microwave, if desired.

Nutritional info

Calories

79

Total fat

0.6 g

Saturated fat

0 g

Cholesterol

0 mg
Sodium
259 mg
Total carbohydrates
14.5 g
Dietary fiber
0.5 g
Protein
4.6 g
Total sugar
1 g

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