



Cheesy Tex-Mex Bean Dip

Servings: 12

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 cheddar cheese, grated

Baked taco chips (optional)

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.



Nutrition Facts

12 servings per container

Serving size 1/4 cup (57g)

Amount per serving

Calories **45**

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 0mg 0%

Potassium 51mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

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

Funded in part by USDA SNAP.

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

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