



**Nutrition
information
per serving:**

Calories
150

Carbohydrate
24 g

Dietary Fiber
9 g

Protein
8 g

Total Fat
2 g

Saturated Fat
1 g

Trans Fat
0 g

Cholesterol
Less than
5 mg

Sodium
590 mg



Jalapeño Black Bean Dip

This tasty dip has a bit of a kick! It's best served warm with fresh vegetables and baked tortilla chips.

Makes 8 servings. *½ cup per serving* | **Prep time:** 15 minutes | **Cook time:** 15 minutes

1. In a medium saucepan, stir together beans, onions, tomatoes, jalapeños, water, and seasonings.
2. Cook over medium heat for 5 minutes or until very hot, then cover and simmer over medium-low heat for 10 minutes.
3. Let cool slightly then pour into a blender container, cover with a tight fitting lid, and blend until almost smooth.
4. Pour bean dip into a serving dish and top with cheese and green onions, if you like.
5. Serve with cut fresh vegetables or baked chips*.

**For homemade baked chips, cut tortillas into wedges, spray on both sides with nonstick cooking spray. Bake in a single layer at 425°F for 10 to 12 minutes or until lightly browned and crisp.*

- 2 (15-ounce) cans black beans, rinsed and drained**
- ¾ cup chopped onion**
- ¾ cup chopped tomato**
- ¾ cup pickled jalapeño slices (including some of the liquid)**
- ¼ cup water**
- 1 teaspoon ground cumin**
- ½ teaspoon chili powder**
- 2 cloves garlic, chopped**

Optional Toppings

- Crumbled Cotija cheese**
- Sliced green onions**

tip: The beans can be mashed with a potato masher if you don't have a blender.

