

BENITO BEAN DIP

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/3 cup

Nutrition (per serving)

Calories: 27

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 145 mg

Total Carbohydrate: 16

Dietary Fiber: 5 g

Protein: 5 g

Ingredients

3 green onions

1 (48oz) jar pinto beans

1 cup salsa

1/2 tsp cumin or chili powder

Directions

1. Rinse and drain pinto beans. Set aside.
2. Chop green onions in a food processor.
3. Add pinto beans, salsa, and cumin (or chili powder) to processor and blend thoroughly.
4. Serve at room temperature or slightly chilled with baked tortilla chips.