



Tex-Mex Black Bean Dip



1-800-WIC-1007

Ingredients

- 1 teaspoon vegetable oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 medium tomato, diced
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 1 15-oz. can low-sodium black beans, drained & rinsed
- ¼ cup water
- ¼ cup shredded Monterey jack cheese
- ¼ cup chopped fresh cilantro
- Juice of 1 lime

Directions

1. Heat the skillet on medium-low and pour the oil into the pan.
2. Add the onion and sauté for 2 minutes, until it begins to turn clear.
3. Add the garlic and tomatoes to the pan and sauté for another 3-4 minutes.
4. Add the ground cumin, chili powder, beans, and water. Cook for about 5 minutes, stirring gently the entire time.
5. Remove from the heat and partially mash with a large fork or potato masher.
6. Add the cheese, cilantro, and lime juice. Stir until the cheese melts completely.
7. Serve warm or at room temperature.

Serves: 6 • Serving Size: ½ cup • Prep Time: 15 minutes • Cook Time: 15 minutes

Chef Tips

1. Add additional ingredients such as leftover chicken or veggies
2. Make a meal out of this by serving it with grilled chicken or in a burrito/quesadilla
3. Use it to make nachos – pour the dip over tortilla chips, sprinkle with cheese, and microwave for 30 seconds
4. Try using a small can of drained & diced tomatoes instead of fresh
5. Use 1 tablespoon dried cilantro instead of fresh, adding it during step 4

Supplies

- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Non-stick skillet
- Wooden spoon
- Serving dish



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Nutrition Facts Per Serving: 89 Calories, 2 g Fat, 14 g Carbohydrate, 6 g Protein, 134 mg Sodium