**Tex-Mex Black Bean Dip**

**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

Supplies

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

Chef Tips

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

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