

Bean Dip

Ingredients:

- 1 (27 oz.) or 2 (15 oz.) cans pinto beans, drained and rinsed
- 1 (15 oz.) can stewed tomatoes
- 1 tablespoon chili powder
- 1 cup reduced fat shredded cheddar cheese
- ¼ cup jalapeno rings (optional)

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Combine beans, tomatoes, and chili powder in a blender, and blend until smooth.
- Transfer into 9 inch X 9 inch baking dish.
- Top with cheddar cheese and jalapeno rings, if using.
- Bake for 30 minutes or until cheese is melted and beans are hot.
- Serve with fresh vegetables, baked tortilla chips, whole grain crackers, or use in your tacos!

Makes 9 servings

Recipe adapted from www.pittsburghfoodbank.org



From The Interfaith Food Pantry
973 538 8049



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