

# Chili Bean Dip

**Makes:** 15 servings

This dip goes great with baked tortilla chips or raw vegetables at a party. You can experiment with the spices to get new flavors.

## Ingredients

- 1 can** pinto beans (16 ounce, or 2 cups cooked dried beans)
- 2 tablespoons** onion (chopped)
- 1 teaspoon** chili powder
- 1/2 cup** cheese (shredded)

## Directions

1. Mash beans in a bowl.
2. Add onion and chili powder and shredded cheese.
3. Serve warm or cold with raw vegetables or tortilla chips.

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## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>40</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	5 mg
<b>Sodium</b>	<b>105 mg</b>
<b>Total Carbohydrate</b>	<b>5 g</b>
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A