

Simple Bean Dip



Ingredients:

- 1-15 ounce can low-sodium kidney beans, liquid set aside
- 1 tablespoon vinegar
- 3/4 teaspoon chili powder
- 1/8 teaspoon ground cumin
- 1 tablespoon onion, minced
- 1 cup low-fat cheddar cheese, grated

Directions:

1. Drain kidney beans, saving the 1/2 cup of the liquid.
2. Place drained kidney beans, cumin, vinegar, and chili powder in a blender.
3. Blend until smooth. Add the reserved bean liquid if needed to thin the dip.
4. Stir in onion and cheese. Refrigerate at least 1 hour.

Makes 6 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>