



# Pinto Bean Dip

Servings 8 | Prep time 15 mins. | Total time 15 mins.

**Equipment:** Large resealable plastic bag, Can opener

**Utensils:** Measuring cups

## Ingredients

1 15 ounce can no salt added pinto beans, drained and rinsed OR two cups prepared\* dried pinto beans  
1/2 cup low-fat, plain yogurt  
1/2 cup salsa  
Cut vegetables for dipping

Optional toppings: shredded cheese, chopped tomatoes or onions, cilantro, jalapenos, etc.

\*To prepare dried beans, use one of the following methods:

Hot soak: For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.

Quick soak: For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.

Overnight soak: For each pound (2 cups) dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.

## Nutritional Information:

Calories 60  
Total Fat 0.5g  
Sodium 125mg  
Total Carbs 9g  
Protein 4g

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Add beans to a large, resealable plastic bag. Squeeze out extra air and seal. Mash beans with your fingers until beans have a smooth consistency.
3. Add yogurt and salsa to the bag. Re-seal bag and mash with fingers until well combined.
4. Serve immediately with fresh cut vegetables or refrigerate for a firmer consistency.