



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 14.5 ounce can reduced sodium pinto beans, drained and rinsed or 2 cups prepared* dried pinto beans

½ cup plain, low-fat yogurt

½ cup salsa

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

Cut vegetables for dipping

*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.