Bean Dip

Makes 12-15 servings.

Ingredients

- 1 -540 ml can kidney, black beans, romano or mixed beans, drained and rinsed
- 375 ml (1 ½ cups) salsa
- 500 ml (2 cups) grated cheddar cheese

Instructions

1. Mash or puree beans with the salsa.
2. Mix in cheese.
3. Warm in the oven at 150°C / 300°F; or in a slow cooker.
4. Serve warm with whole wheat tortillas or pita bread and raw vegetables for dipping.

TIPS:

- Choose low sodium beans and salsa, when possible.
- You can try adding different flavors and ingredients like chili powder, cilantro, lime juice or corn.