



Bean Dip

Ingredients

- 15 ounces canned kidney beans, drained and rinsed
- ¼ cup water
- 1 tablespoon vinegar
- ¾ teaspoon chili powder
- ⅛ teaspoon ground cumin
- 1 cup reduced-fat cheddar cheese, shredded
- 2 teaspoons onion, minced
- 3 cups raw vegetables, sliced (such as carrots, celery, or peppers)

Directions

1. Place the beans, water, vinegar, chili powder, and cumin in a blender and blend until smooth.
2. Remove mixture from blender and place in a bowl.
3. Stir in cheese and onion.
4. Serve with raw vegetables.

Nutrition Facts

Serving Size 1 serving (165.4g)
Servings Per Container 6

Amount Per Serving

Calories 150 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 380mg **16%**

Total Carbohydrate 17g **6%**

Dietary Fiber 5g **20%**

Sugars 4g

Protein 10g

Vitamin A 210% • Vitamin C 8%

Calcium 20% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.