



## Bean Dip

Serving Size: 1/2 cup

Yield: 6 servings

### Ingredients:

- 2 cups canned kidney beans
- 1 Tablespoon vinegar
- 3/4 teaspoon chili powder
- 1/8 teaspoon ground cumin
- 2 teaspoons finely chopped onion
- 1 cup grated cheddar cheese



### Directions:

1. Drain the kidney beans, but save the liquid in a small bowl
2. Place the beans, vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread.
3. Stir in the chopped onion and grated cheese.
4. Store in a tightly covered container and place in the fridge
5. Serve with raw vegetable sticks or crackers.

**Notes:** If you don't have a blender, you can mix the first 4 ingredients in a medium bowl and mash with a fork. Then stir in the onion and cheese. You can store this dip in the fridge for up to 4 or 5 days.

**Nutrition Facts:** Calories, 150; Calories from fat, 60; Total fat, 7g; Saturated fat, 4g; Trans fat 0g; Cholesterol, 20mg; Sodium, 410mg; Total Carbohydrate, 14g; Fiber, 6g; Protein, 9g; Vit. A, 6%; Vit. C, 2%; Calcium, 15%; Iron, 8%.

**Source:** Adapted from: Pennsylvania Nutrition Education Network Website Recipes, USDA, Snap-ed Connection.



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