



TORTILLA BEAN DIP

INGREDIENTS

15 ounces canned refried beans
15 ounces salsa
4 ounces low-fat cheddar cheese, shredded
8 ounces baked tortilla chips

DIRECTIONS

1. Open can of refried beans and place in a bowl.
2. Stir in salsa.
3. To serve hot, microwave for 1-2 minutes, then stir.
4. Top with shredded cheese and serve hot or cold with chips.



United States Department of Agriculture
National Institute of Food and Agriculture

