

Bean Dip



You Will Need...	Step by Step...
<p style="text-align: center;">Ingredients</p> <p>1 can (16 oz.) Pinto Beans, black beans or kidney beans, drained and rinsed ½ c salsa ½ c grated cheese</p>	<ol style="list-style-type: none">1. Mash beans in a bowl.2. Add rest of ingredients and stir.3. Heat in microwave for 60 seconds. Stir. Reheat if cheese is not melted.4. Spread on tortillas or crackers or serve cold with raw vegetables!