

# Benito Bean Dip

Hands-on - 5 min.

Serves 42

My husband makes more of this almost as soon as we run out. Also perfect for making *Benito Bean Burritos* (page 65) and *Chicken & Bean Enchiladas* (page 149).



3 green onions (opt)

**5 minutes before serving:**

Chop in food processor.

1 jar (48 oz) pinto beans, rinsed and drained

Add to processor and blend until smooth.

1 cup salsa

Serve at room temperature or slightly chilled.

1/2 tsp *Zippy Zonya Mexi Mix*<sup>†</sup>

1/4 cup fresh cilantro leaves (opt)

1 lg bag baked tortilla chips (*Tostitos*)

Serve with *Baked Tostitos* or *Bagel Chips* (page 37).

<sup>†</sup>See recipe on page 40.

Nutrition information for 2 T dip with 5 baked tortilla chips

Calories	73	Fat	<1 g	Fiber	2.5 g	Sodium	191 mg	Total Carbohydrate	15 g
Calories from Fat	7%	Saturated Fat	<1 g	Cholesterol	0 mg	Protein	2.5 g	Sugars	0 g