

# Refried Bean Dip

PREP TIME: 5-10 MINS

YIELDS: 10-12 SERVINGS

COOK TIME: 20-25 MINS

## Ingredients

- 16 oz can refried beans
- ¾ cup plain Greek yogurt
- 1 cup (+1/2 cup on top) shredded Mexican cheese
- ¼ cup salsa
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ¼ teaspoon garlic powder
- Salt, to taste (~1/4 teaspoon was used)
- Optional toppings:
  - Avocado
  - Chopped cilantro, fresh
  - Crumbled queso fresco
  - Pico de gallo



## Recipe Benefits

- High Calorie Potential
- Promotes Gut Health

## Qualities

Texture: Puree/Multi  
Rating for Scent : 6/10  
Spice Level: varies

## Directions

- 1.Preheat oven to 350F.
- 2.In a bowl, combine the refried beans, yogurt, shredded cheese, salsa, and dry seasonings.
- 3.Spread mixture into an 8x8 inch baking dish (or similar size).
- 4.Top with the remaining ½ cup shredded cheese.
- 5.Place in preheated oven for 20–25 minutes.
- 6.Remove from oven and (optionally) top with fresh avocado, chopped cilantro, crumbled queso fresco, pico de gallo, and a squeeze of lime juice.
- 7.Serve with tortilla chips or fresh sliced vegetables.

## Chef Tips/Adjustments

- Toppings are optional, but delicious and highly recommended! They also provide a vibrant pop of color to the dip.
- Store covered in refrigerator for future use.

## Nutrition Content for 1/12 Recipe

Calories: 109kcal	Carbohydrates: 6.9g
Fat: 6.2g	Fiber: 1.6g
Protein: 6.6g	Added sugar: 0g
Sodium: 324.5mg	

