

# Bean Dip

Makes: 6 servings

Serve this easy-to-make bean and cheese dip at a party or as an after-school

## Ingredients

**2 cups** kidney beans (canned)

**1 tablespoon** vinegar

**3/4 teaspoon** chili powder

**1/8 teaspoon** cumin (ground)

**2 teaspoons** onion (finely chopped)

**1 cup** cheddar cheese (grated)

## 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

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>150</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	4 g
Cholesterol	20 mg
<b>Sodium</b>	<b>340 mg</b>
<b>Total Carbohydrate</b>	<b>13 g</b>
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

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.

Learn more about [onions](#).

**Source:** Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes