

Bean Dip Recipe

Yield: 2 cups



Ingredients

1 15-oz can low-fat refried beans or Black Bean Puree

1 cup salsa

1/2 teaspoon ground cumin

1 green onion, diced

Instructions for Kids

- Use a can opener to remove the lid from the refried beans, or measure about 2 cups of Black Bean Puree. (Tip: [watch our video](#) to see this recipe in action!)
- Place all the ingredients in a small bowl and stir to combine. Microwave for 1 minute if you like your bean dip warm. Garnish with diced green onion. Serve with sliced veggies.

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