

Fiesta Bean Dip



Makes:

14 servings, $\frac{1}{4}$ cup (95 g) each

Utensil:

10" Electric Oil Core Skillet
medium mixing bowl
large mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

This dip recipe will be the hit of the party and, in the unlikely event that there are leftovers, it will be the hit of dinner the next day too. A yummy, high-protein, low-fat and low-calorie appetizer or a delicious Mexican dinner, this versatile dish will have everyone asking for more.

3 $\frac{1}{2}$ cups
pinto beans, drained, reserve liquid
(840
g)
1 $\frac{1}{2}$ teaspoons
chili powder
(4
g)
 $\frac{1}{4}$ teaspoon
cumin
(1
g)
 $\frac{1}{8}$ teaspoon
paprika
(.5
g)
 $\frac{1}{2}$ teaspoon
salt
(3
g)
2 tablespoons
tomato paste
(33
g)
 $\frac{1}{4}$ cup
reserved bean juice
(60
mL)

1/4 cup
onion, strung, use Cone #2
(90
g)
2 cloves
garlic, minced
1/2 cup
salsa
(130
g)

Directions:

1. Place 2 cups drained pinto beans in a medium bowl. Mash with a potato masher or fork until beans are the consistency of refried beans. Or blend in a food processor until smooth. Set aside.
2. In a large bowl, combine remaining 1 1/2 cups drained beans, chili powder, cumin, paprika, salt, tomato paste and 1/4 cup reserved bean juice. Mash slightly in the manner stated above. Place previously mashed beans into this bowl, combine and set aside.
3. Preheat electric skillet to 250°F/121°C. Sauté onion and garlic for approximately 3 minutes or until onions become translucent. Transfer sautéed onion and garlic to bean mixture. Add salsa and blend well.
4. Reduce heat to 225°F/107°C. Spread bean mixture evenly in skillet. Cover and cook 15 minutes or until heated through.
5. Uncover and sprinkle with cheese. Turn skillet off and cover. When cheese is melted garnish with cilantro and serve with baked chips or toasted pitas.

Tips:

- No time to prepare dry beans? Substitute 1 15-ounce (425g) refried beans and 1 15-ounce (425g) chili beans, slightly drained and lightly mashed.
- Use leftover bean dip as a filling for burritos or tostados. Or spread on a baked pizza crust, top with grated cheese and broil. Then top with shredded lettuce and chopped tomatoes.

Nutritional Information per

▼ Serving

Calories: 72
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 4mg
Sodium: 450mg
Total 12g
Carbs:
Dietary Fiber: 3g
Sugar: 1g
Protein: 5g