

BEYOND HUNGER

Pinto Bean Dip

Summer is a great time to incorporate chip and dip into your events. This pinto bean dip is a great way to add protein and fiber to your appetizers. Any dip can always be paired with many options like tortilla chips, carrots, celery sticks and more.

Yields: 5 cups

Serving Size: ¼ cup

Ingredients:

Pinto Bean Dip

- 1 lb. **dried pinto beans**
- ½ large, **sweet onion**, peeled and cut into wedges
- 4 – 6 **cloves garlic**, smashed
- 1 tsp **salt**
- 1 cup **pico de gallo**
- 1 cup **reserved liquid** (from soaking the beans)
- 1 cup **Mexican blend cheese**, shredded
- ¼ cup **pico de gallo** (optional for garnish)

Instructions:

Stove Top Method

1. Soak the **dried pinto beans** in cold water overnight
2. Pour off the water and place the soaked beans in a large 6-quart sauce pot
3. Add fresh water to the sauce pot and cover the beans by 3 – 4 inches.
4. Turn the heat to medium
5. Add the **onion, garlic, and salt**. Cover and lower temperature to a simmer for 2 – 4 hours.
6. Once the beans are very soft, drain off the liquid and save it for later use
7. Pour the beans into a food processor or blender OR use a fork to mash the beans.
8. Add the **pico de gallo** and **reserved liquid**. Pulse or mash until mostly smooth.
9. Add the **Mexican blend cheese** and pulse/mash until the cheese is melted into the dip. Spoon mixture into a serving bowl.
10. Top with a fresh scoop of **pico de gallo** and serve with tortilla chips or sliced veggies.

Chef's Note: Older dried beans will take longer to cook.

Per Serving: Calories 108 kcal, Carbohydrates 17g, Protein 6g, Saturated Fat 2g, Sodium 238mg, Fiber 4g, Sugars 2g

This recipe was adapted from aspicyperspective.com.