

Cheap Trick Bean Dip Recipe



Ingredients

2 C or 15 oz can of black, kidney or pinto beans drained, rinsed
1 C fat free salsa – most are

One night after a community meeting, everyone wanted to still talk about the issue. I suggested my place. Someone went for a beer run and I realized I had to feed 8 people something. This is what I had in the fridge and pantry. It was such a hit I have it at every party.

There is another tricked-out version of the same basic recipe when you feel ambitious. It still takes less than 10 minutes to make.

Method

1. Put the beans in a medium bowl or food processor.
2. Add the salsa.
3. Either pulse in the FP for 10-15 times or mash the beans and salsa together until desired consistency.
4. The hard part is figuring out whether to have this with veggies or chips.

Note: You can heat for 30-60 seconds to make people think you cooked something.