

Layered Bean Taco Dip

Ingredients:

Kidney beans, drained and rinsed	1 can (540 mL)
Avocado	1
Lemon (or lime) juice	1 teaspoon
Sour cream	1 cup
Chili powder	1 teaspoon
Cumin	½ teaspoon
Garlic powder	¼ teaspoon (or 1 clove garlic, finely chopped)
Salt	¼ teaspoon
Cheese, grated	1 cup
Green onions, chopped	2
Green pepper, chopped	½ pepper
Tomato, chopped	1 large
Black olives, sliced	½ cup



Directions:

1. In a medium bowl, mash kidney beans. Spread on the bottom of a square pan.
2. Peel and mash avocado in a small bowl. Stir in lemon juice. Spread over beans in pan.
3. Mix spices (chili powder, cumin, garlic and salt) into sour cream. Spread sour cream over avocado layer.
4. Sprinkle shredded cheese over sour cream layer. Top with green onion, green pepper, tomato and olives.
5. Serve with baked tortilla or pita chips, or crackers

Serves 6

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