

easy bean dip

Your child will love mashing beans for this recipe!

1 can (16 ounce) pinto beans, drained and rinsed 1/3 cup mild salsa
½ cup shredded cheese

- 1. Mash beans.
 - **Kids can help!** Put beans in a sealed food storage bag and let little fingers smoosh them. Or use the back of a spoon or a rolling pin to mash.
- Stir mashed beans, salsa, and cheese in a microwave-safe bowl.
- 3. Microwave for 2 minutes. Stir well to completely mix after heating.



Dip with raw veggies or corn tortilla chips.
Spread onto a whole wheat tortilla and roll it up!





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