

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
1/2 cup shredded cheese

1. Mash beans.

Kids can help! Put beans in a sealed food storage bag and let little fingers smooch them. Or use the back of a spoon or a rolling pin to mash.

2. 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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