

NACHO BEAN DIP



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SERVINGS: 12 | **SERVING SIZE: 1/2 CUP**

★ **Calories:** 200 **Total Fat:** 13.5g **Saturated Fat:** 8g **Sodium:** 360mg **Carbohydrates:** 10g **Fiber:** 3g **Protein:** 9g

INGREDIENTS

- 1 8-ounce package or 1 cup of cream cheese, softened
- 1 15-ounce can of white, red, garbanzo or black beans; undrained
- 1 14.5-ounce can diced tomatoes, drained
- 1 teaspoon garlic powder (or 4 garlic cloves, minced)
- 1 teaspoon onion powder (or 1/2 cup onion, chopped)
- 2 cups shredded cheddar cheese (2 cups or 1/4 of the block of USDA block cheese, cubed)

DIRECTIONS

1. Preheat oven to 350°F.
2. Spread cream cheese on the bottom of an 8-inch by 8-inch baking or casserole dish.
3. Spread undrained, canned beans on top of cream cheese.
4. Drain canned tomatoes, and combine with garlic powder and onion powder in a small bowl. Spoon on top of beans.
5. Sprinkle with shredded or sliced block cheese.
6. Bake for 20 to 25 minutes or until cheese is melted and bubbly.

Note:

- Serve hot tortilla chips, celery, carrots, or your favorite vegetables.
- Healthier low-fat, reduced fat, and low-sodium options for cream cheese, cheese, and beans can be used within this recipe.

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