

# Black Bean Dip

*Nourished Kitchen*

Dietitian Consulting



---

## Ingredients

1 tbsp	15 ml	Canola oil
2 cups	500 ml	Black beans, canned, drained & rinsed
¼ cup	60 ml	Salsa
1 can	127 ml	Chopped green chilies
3 tbsp	45 ml	Fajita seasoning, sodium reduced
½ cup	125 ml	Water

## Directions

1. Heat a saucepan over medium heat. Add canola oil, black beans, salsa, chilies and fajita seasoning. Mix together and heat until spices become fragrant.
2. Add water and stir until the mixture has thickened. Mash with a potato masher or puree in a food processor until desired consistency is reached.
3. Serve with homemade baked tortilla chips or whole grain crackers.