

# Betty's Bold Black Bean and Salsa Dip Recipe



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In this video, Betty demonstrates how to make a quick, easy, and healthy Mexican dip--Black Bean and Salsa Dip. Served with restaurant-style tortilla chips, it's great!

## Ingredients:

15 oz. can black beans, rinsed and drained

1 cup ready-to-serve salsa (You will find this in a jar, and you usually have a choice of mild, medium, or hot, also a choice of smooth or chunky)

3 tablespoons chopped fresh cilantro (Use only 1 tablespoon if you are using dried cilantro.)

2 tablespoons lime juice (fresh from a lime, or use bottled lime juice)

1/2 teaspoon ground cumin

Restaurant-style tortilla chips

Combine 15 oz. black beans, 1 cup salsa, 2 tablespoons fresh cilantro, 2 tablespoons lime juice, and 1/2 teaspoon ground cumin. Stir until all flavors are blended. Cover with plastic wrap, and store in the refrigerator until ready to use. (It may be served immediately at room temperature.) Serve with restaurant-style tortilla chips. This is a healthy, wholesome dip. It has no meat and no fat. Remember to go light on the tortilla chips, if you are watching calories and fat!