Easy Bean Dip
Makes 6 servings

Ingredients:
1 can (16 ounces) refried beans
3/4 cup salsa or picante sauce
1/2 cup cheese (shredded or cubed)

Directions:
1. Combine all ingredients in a microwave safe bowl. Stir to mix.
2. Cover and heat in microwave until cheese is melted. Stir every two minutes while heating.
3. Stir well to completely mix after heating.
4. Serve warm with raw vegetables, baked tortilla chips, or crackers.
5. Store unused dip in the refrigerator.

Tips:
You can use any cheese. Cheddar or American work well.
Mash cooked black, pinto, or kidney beans to replace the refried beans. This will decrease the sodium in the recipe.

Source: Cornell University Cooperative Extension – Iowa State Extension.