

# The Ultimate 7-Layer Dip

Yield: 10 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-7-layer-mexican-bean-dip>

## Ingredients:

- 4 tomatoes large, cored, seeded, and chopped fine
- 1 jalapeno seeded and minced
- 3 tablespoons chopped cilantro finely
- 2 green onions finely minced
- 2 tablespoons lime juice from about 2 limes
- 1/8 teaspoon salt
- 2 green onions sliced thin, green and white parts separated
- 1 jalapeno chile seeded and finely minced
- 1 garlic clove small, minced
- 2 tablespoons lime juice from about 2 limes
- 3 avocados pitted, peeled and chopped
- 3 tablespoons chopped fresh cilantro
- salt to taste
- 16 ounces black beans 1 can, drained but not rinsed
- 2 garlic cloves minced
- 2 teaspoons fresh lime juice from about 1 lime
- 3/4 teaspoon chili powder
- 1/4 teaspoon salt
- 1 1/2 cups sour cream
- 1 cup pepper jack cheese shredded
- 1 cup shredded sharp cheddar cheese
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- 1 cup shredded sharp cheddar cheese
- tortilla chips for serving

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 60 milligrams

4. Fat: 31 grams
5. Fiber: 8 grams
6. Protein: 17 grams
7. SaturatedFat: 14 grams
8. Sodium: 650 milligrams
9. Sugar: 4 grams

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