

Black Bean Chili Dip

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chili-dip-recipe-easy>

Ingredients:

- 1 1/2 cups sweet onion chopped
- 1 large garlic clove minced
- 1 jalapeno seeded and chopped
- 1 1/2 cups black beans cooked, rinsed and drained
- 3/4 cup salsa mild
- 1 cup corn kernels frozen
- 2 teaspoons chili powder or to taste
- 1 teaspoon ground cumin or to taste
- 1/2 teaspoon kosher salt or to taste
- 1 tablespoon nutritional yeast optional
- avocado optional
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- cilantro optional
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- cheeze optional
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- green onion optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 21 grams
6. Protein: 32 grams
7. SaturatedFat: 2 grams
8. Sodium: 2670 milligrams
9. Sugar: 12 grams

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