

Warm Mexican bean dip with tortilla chips

Yield: 8 min
Total Time: 30 min

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

Ingredients:

- 1 onion chopped
- 1 tablespoon olive oil
- 1 teaspoon soft brown sugar
- 1 teaspoon wine vinegar
- 1 teaspoon Cajun seasoning
- 2 3/4 cups beans tin mixed, rinsed and drained
- 2 11/16 cups chopped tomatoes with garlic
- 1 handful grated cheddar
- 3 7/8 cups tortilla chips
- avocado serve with chopped, optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 85 milligrams
9. Sugar: 4 grams

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