

Vegan 7 Layer Dip

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 4 avocados perfectly ripe, mashed
- 1 vine ripened tomato small, seeded and chopped
- 1/2 jalapeño finely diced
- 1/2 lime
- 1/4 teaspoon salt taste and adjust the seasoning as necessary
- 1/4 red onion finely diced, optional - refer to notes
- cilantro optional
- 1 can black beans drained and rinsed
- 1/2 tablespoon coconut oil
- 2 cloves garlic minced
- 3/4 cup vegetable broth
- 1 teaspoon chili powder
- 1 teaspoon lime juice
- salt to taste
- hummus make your own or use store bought, we love Fontaine Santé Roasted Garlic Hummus
- salsa Choose your favourite
- 1/2 cup daiya cheddar shreds
- 2 vine ripened tomatoes seeded and chopped
- 3 green onions chopped

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 45 grams
3. Fat: 32 grams
4. Fiber: 24 grams
5. Protein: 12 grams
6. SaturatedFat: 6 grams
7. Sodium: 1000 milligrams
8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Vegan 7 Layer Dip above. You can see more 17 vegetarian mexican dip recipe They're simply irresistible! to get more great cooking ideas.