

Appetizers

Southwestern Bean Dip

- 1 small onion, quartered**
- 2 cans (15 ounces each) pinto beans**
- 1 cup picante sauce (any style)**
- 1 cup sharp cheddar cheese, shredded**

In a food processor, process the onion until finely minced.

Add the pinto beans and process until the beans are puree'd.

Transfer the mixture to a bowl.

Add the picante sauce and the cheese. Mix well.

Place the mixture into a saucepan and heat until warm and the cheese has melted.

Serve with tortilla or corn chipps.

Per Serving (excluding unknown items): 1811 Calories; 42g Fat (20.6% calories from fat); 110g Protein; 256g Carbohydrate; 96g Dietary Fiber; 119mg Cholesterol; 746mg Sodium. Exchanges: 16 Grain(Starch); 8 Lean Meat; 1 1/2 Vegetable; 5 Fat.