Layered Bean Dip

Grocery List

* 1 398ml can Refried Beans\*
* ½ 547ml can Black Beans, drained and rinsed
* 1 Red Onion, diced
* 10 grape Roma Tomatoes, quartered
* 3 Green Onions sliced thin (light and dark green)
* 1 Jalapeno, diced
* 1 ½ C Shredded Cheese \*\*
* Tbsp Hot Sauce
* ¾ C Prepared Guacamole

**Garnish**

* Light Sour Cream
* Sliced Green Onions
* Hot Sauce (optional)
* Diced Tomatoes(optional)

**\*Read your beans, some refried beans contain lard! Look for ones made with vegetable oil / shortening.**

**\*\* I shredded both Monterey jack and cheddar. You can however use a pre-shredded tex mex cheese.**

Prep Time: 20 Min

Cook Time: 40 Min



1. Heat about 2 Tablespoons oil in a small sauce pan on medium heat. Add in half the diced onions and a pinch of sea salt and fry for about 4 minutes. Add in the diced jalapenos (seeded or not, I usually slice them in half and remove one half of the seeds) and fry together for another 4 minutes.
2. Add in the tomatoes and another pinch of salt and continue frying for 3 minutes. Add in the refried beans and stir everything together as the beans warm up. Reduce heat to medium low and cover for 15 minutes stirring occasionally.
3. In a 748 ml Circular baking dish, place the black beans in the bottom of the dish and top with some shredded cheese.



1. Layer half the refried bean mixture on top of the black beans and use a spoon to evenly spread it across the dish.
2. Next, spread your prepared guacamole evenly across the bean mixture. Top with a little more of the shredded cheese.
3. Top the guacamole with the remaining bean mixture evenly spreading it across. Top with the remainder of the shredded cheese and diced onions.
4. Bake for 20 Minutes at 350 F.
5. Remove and garnish with dollop sour cream, sliced green onions, zest and juice of half a lime. Serve with your favourite tortilla chip.