Salsa Bean Scoops

Grocery List

* 20 – 25 Tostitos Scoops
* 2 Tbsp. EVOO
* 2 cloves Garlic, chopped
* 1 C mix of onion (red diced, yellow diced, green sliced)
* 1 Tbsp. Prepared Salsa
* 398ml can Refried Pinto Beans
* Sea Salt / Black Pepper
* 1 Green Onion, sliced
* ¼ C Sharp Cheddar Cheese, cut into approximately ¼ inch cubes

Prep Time: 15 Min

Cook Time: 20 Min



1. Bring a medium sized saucepan to temperature on medium and pour in the EVOO. Next, add the garlic and stir often for 2 minutes before adding the onions and a pinch of sea salt / black pepper, Continue cooking stirring often for 4 –5 minutes. Spoon in the salsa and stir to combine. Cook another minute.
2. Stir in the beans and bring to a bubbling state before reducing heat to medium low and covering for 10 minutes. Remove from heat.
3. Use a teaspoon to spoon the mixture into the scoops. About a tsp. per scoop. Top with cheddar cubes and sliced green onion.
4. Serve with a dipping station with your favourite salsas, guacamole, and hot sauces.