

Bean Dip with a Punch



3 green onions, chopped fine



1/2 small onion, chopped fine



1- 40 oz. can organic refried beans



1 4oz. can diced green chilies



2 tsp. Engage Organics Garlicsaltless



2 tbsp. Engage Organics All-Purpose



1/2 tsp. Engage Organics Mexi-Mix

or more if you like it hot



1/4 cup picante sauce, mild



2 tbsp. olive oil



1/2 cup plain greek yogurt



Whirl all ingredients in blender or Cuisinart until smooth and creamy. You can adjust the Mexi-Mix for desired heat strength. Serve with tortilla chips or veggies for a high-fiber, nutritious snack.

Do your heart a flavor.



- Organic
- Non-GMO
- Gluten Free
- Local
- Salt Free

For more recipes and blogs visit us: <http://www.engageorganics.com>

Free sample — NOT FOR SALE