

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Bean Nacho Dip *(Makes about 12 servings.)*

### Ingredients

- ½ package (8-oz.) low-fat cream cheese
- ½ can (8-oz.) low-sodium vegetarian beans, undrained
- ½ can (8-oz.) tomatoes, chopped
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ lb. (about 2 cups) shredded reduced-fat cheddar cheese

### Directions:

1. Preheat oven to 350° F.
2. Spread cream cheese on the bottom of an 8x8-inch baking or casserole dish.
3. Spread beans on top of cream cheese.
4. Combine tomatoes, garlic powder, and onion powder, and spoon on top of beans. Sprinkle with cheese.
5. Bake for 20 to 25 minutes or until cheese is melted and bubbly.

Nutrition info: Serving size: ½ cup, Calories: 100, Total Fat: 5 g, Saturated Fat: 3 g, Cholesterol: 15 mg, Sodium: 190 mg, Total Carbohydrate: 6 g, Dietary Fiber: 1 g, Sugars: 2 g, Protein: 7 g. *Recipe adapted from Commodity Supplemental Food Program Cookbook.*

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