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# *Southwestern Layered Bean Dip*

**Prep Time:** 20 mins

**Total Time:** 20 mins

## **Ingredients**

- 16 ounce(s) beans, refried, fat-free, preferably "spicy"
- 15 ounce(s) beans, black, rinsed
- 4 whole scallion(s) (green onions), sliced
- 1/2 cup(s) salsa
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon chili powder
- 1/4 cup(s) pepper(s), jalapenos, pickled, chopped
- 1 cup(s) cheese, cheddar, shredded, or shredded Monterey Jack
- 1 1/2 cup(s) lettuce, romaine, chopped
- 1 medium tomato(es), chopped
- 1 medium avocado, chopped
- 1/4 cup(s) olive(s), black, sliced (optional)

## **Preparation**

1. Combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapeños in a medium bowl. Transfer to a shallow 2-quart microwave-safe dish; sprinkle with cheese.
2. Microwave on High until the cheese is melted and the beans are hot, 3 to 5 minutes.
3. Spread sour cream evenly over the hot bean mixture, then scatter with lettuce, tomato, avocado and olives (if using).

