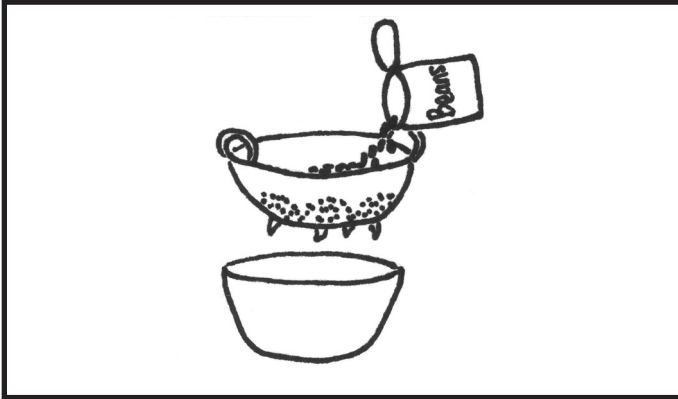


“Mud” Dip

Makes about 1 1/3 cups.

CACFP credit: 1/4 cup “Mud Dip” counts as 1 ounce meat/meat alternate for snack.

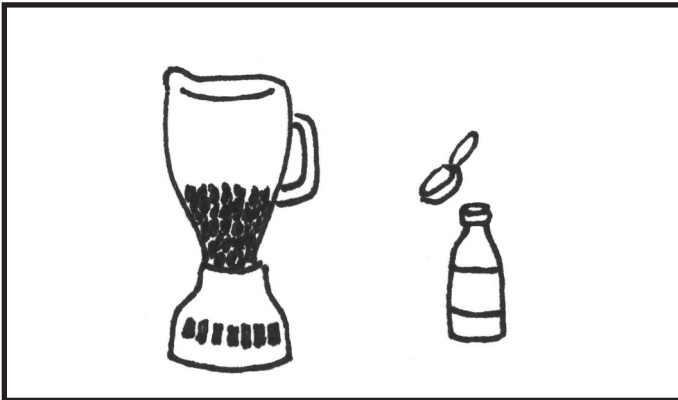
Recipe from: Connecticut Cooks for Kids, Ellen Shanley, 1996.



1. Drain 1 (16 ounce) can kidney beans or pinto beans into a bowl.



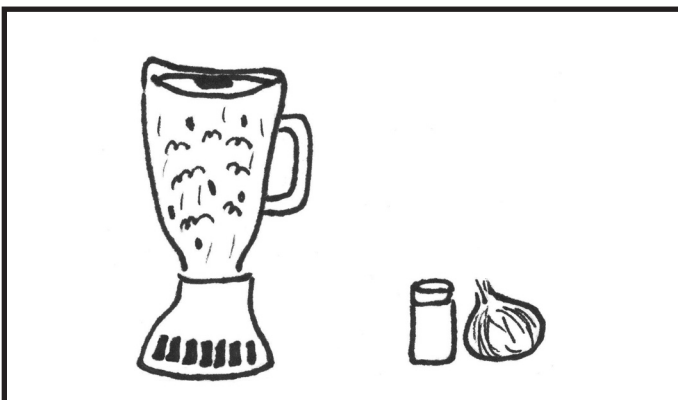
2. Place drained beans in a blender.



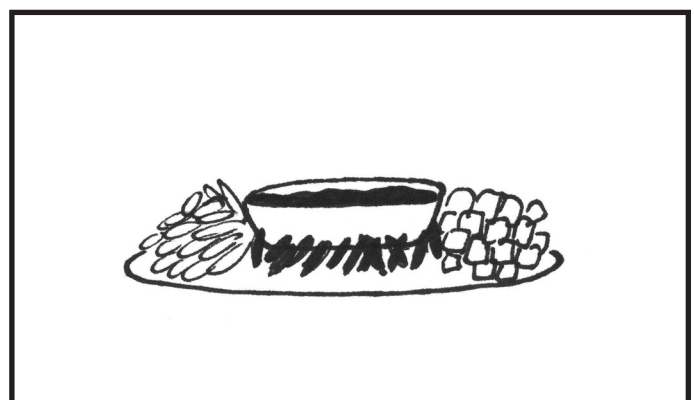
3. Add 1 tablespoon vinegar.



4. Add 1 teaspoon chili powder and 1/8 teaspoon cumin.



5. Blend until smooth. If desired, sprinkle chopped onion and parsley on top.



6. Serve with vegetable sticks or wheat crackers.