

## Nacho Dip



Makes Approx. 3-4 Servings

### Ingredients

1 package of low-fat cream cheese  
1 package (or to taste) of taco seasoning mix  
1/2 can of black beans ground up in the food processor  
1/2 jar of salsa  
4-5 chopped green onions  
1/2 diced red bell pepper  
Shredded cheese  
Shredded Lettuce  
Diced tomatoes



### Directions

*Mix together cream cheese and taco seasoning. Spread in bottom of bowl, then add black beans.*

*Add salsa, green onions, red pepper.*

*Then add lettuce and tomatoes. Serve with nacho chips!*

*To make your own nacho chips, cut your tortillas (I like to use whole wheat tortillas) into chip-size pieces and bake them at 300 degrees until they are crispy.*

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