

# Quick and Easy Dip

Jan

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 can (16 ounce) refried  
beans  
1 jar (8 ounce) medium  
salsa  
1 container (8 ounce) sour  
cream  
2 cups cheddar cheese/  
Monterey Jack blend,  
shredded*

Preheat the oven to 350 degrees.

Spread the refried beans on the bottom of a  
casserole dish.

Layer the sour cream, salsa and Monterey Jack/  
Cheddar on top of the refried beans.

Bake for 15 minutes until bubbly.

Serve with corn chips.

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Per Serving (excluding unknown  
items): 764 Calories; 51g Fat  
(59.0% calories from fat); 23g  
Protein; 57g Carbohydrate; 13g  
Dietary Fiber; 102mg Cholesterol;  
1195mg Sodium. Exchanges: 3  
Grain(Starch); 1/2 Non-Fat Milk; 9  
1/2 Fat.