

Five-Layer Dip

Materials



can opener



pie plate or shallow glass dish (the size of a dinner plate)



spatula



small mixing bowl



potato masher or large fork



measuring cups

Ingredients



1 cup vegetarian refried beans



2/3 cup mashed avocado



2/3 cup sour cream



2/3 cup mild salsa



2/3 cup grated cheese (Monterey Jack or cheddar)



tortilla chips, pita wedges, celery, or carrot sticks

Directions



①

Open the can of refried beans.



②

Layer the refried beans in the glass dish. Smooth with spatula.



③

Mash the avocado in small mixing bowl. Add a layer of avocado to the glass dish.



④

Add a layer of sour cream, salsa, and grated cheese.



⑤

Serve with tortilla chips, pita wedges, celery, or carrot sticks.