



PROPER BEAN DIP

1 can pinto beans or 390g
soaked & cooked pinto beans

1 red onion – finely diced

2 tbs avocado oil

pinch of salt to taste

1 tsp cumin seeds

½ tsp ground coriander

To garnish: fresh coriander,
sour cream or coconut
yogurt to make vegan



METHOD

Heat Oil in saucepan at 140-150 C,
add diced onion cook until onion
reaches a glazed look (color) add
beans with ½ juice from can or
from cooled beans.

Once beans are heated, mash using
Potato Masher while adding the
remainder juice to insure the bean
dip is smooth (not runny or firm)
reduce heat to low temperature

Add cumin and coriander continue
to cook on low temperature
maintain a smooth soft texture.

Now, the tough decision. Dip or
Nachos? Either way, grab your
favourite flavour bag of Proper
Tortilla Chips and enjoy!

FOR DIP

Cool beans, blend in yogurt or
sour cream, transfer to a serving
bowl garnish with a handful of
fresh coriander.

FOR NACHOS

Add a bit of water to create
smooth consistency. Place
Proper Tortillas Chips on
serving dish 1 layer high,
sprinkle cheese (or vegan
cheese option) and grill until
just melted. Repeat layering of
Proper Tortilla Chips and Beans,
then top with fresh ingredients
(guacamole or diced fresh
ripe avocados, fresh chopped
jalapenos, salsa, diced tomatoes,
chopped fresh green onions,
fresh coriander) serve hot.