

# Easy Bean Dip

Makes 2 cups (8 servings). Each serving contains 85 calories, 0.6 g fat, 10.7 g carbohydrate, 0.5 g fiber and 175 mg sodium.

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- 1 16-ounce can refried beans
- 1 8-ounce can tomato sauce
- 1 teaspoon chili powder

In a small saucepan, mix all three ingredients. Heat and stir until smooth. Store in refrigerator. Serve hot or cold with carrot sticks, celery sticks, cauliflower, broccoli, whole grain crackers or baked tortilla chips.