

STARTER & SNACK

Slow-Cooker Nacho Bean Dip

6 January 2025

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
260 min	20 min	240 min	72	\$0.09	32 kcal



Are you ready to elevate your snacking game? Introducing the Slow-Cooker Nacho Bean Dip, a crowd-pleaser that’s perfect for any gathering, from casual get-togethers to festive parties. This delightful dip combines the rich flavors of refried beans, black beans, and zesty green chiles, all simmered t...

Ingredients

- ☐ 16 oz cans Old El Traditional Refried Beans
canned
- ☐ 30 oz cans each) black beans, rinsed and
drained
canned
- ☐ 4 oz can Old El Chopped Green Chiles, undrained
canned
- ☐ 1 oz packet Old El 25% Less Sodium Taco
Seasoning Mix
- ☐ 4 oz loaves boxes) Jalapeno Cheese, cut into cubes
- ☐ 4 oz cup finely shredded Mexican cheese blend
- ☐ 1 serving Tortilla chips

EQUIPMENT Spatula, Slow cooker

Method

- 1

In 3 1/2- to 4-quart slow cooker, mix all ingredients except shredded cheese and corn chips.
- 2

Cover and cook on Low heat setting 3 to 4 hours, stirring after 2 hours, until cheese is melted.
- 3

Scrape down side of slow cooker with rubber spatula to help prevent edge of dip from scorching.
- 4

Sprinkle with shredded cheese.
- 5

Serve with tortilla chips. Dip will hold on Low heat setting up to 2 hours.

Nutrition per serving				
	32	2 g	1 g	4 g
	KCAL	PROTEIN	FAT	CARBS
Saturated Fat				0.6 g · 4% of daily needs
Fibre				1.2 g · 5% of daily needs
Sugar				0.7 g · 1% of daily needs
Sodium				105 mg · 5% of daily needs
Cholesterol				1.5 mg · 1% of daily needs
Vitamin C				0.9 mg · 1% of daily needs

Adapted from Betty Crocker. Find this recipe, ratings and more ideas at whatsheate.com/slow-cooker-nacho-bean-dip-20656