

# Avocado Pico & Refried Bean Dip



Start your BBQ off right with this easy bean dip! The fresh flavors will keep the whole family happy while you get grillin’

- 2 tubs (30 oz) Better Bean® Skillet Refried Red Beans
- ½ medium onion, diced
- 4 roma tomatoes, diced
- 1 large avocado, pitted and diced
- ½ cup chopped cilantro
- 2 tablespoons fresh lime juice
- ½ teaspoon fine sea salt
- 1 bag (16 oz) Garden of Eatin’® Blue Corn Tortilla Chips

#### Directions:

1. Spread beans in a wide, shallow serving bowl.
2. If desired, for milder onion flavor, place onions in a fine-mesh sieve, and pour boiling water over them. Place onions in a medium bowl. Stir in tomatoes, avocado, cilantro, lime juice, and salt.

“Our beans are hand cooked with care in Oregon. Better Bean® brand beans are thoughtfully sourced, soaked, kettle cooked, then tubbed and chilled... all by people who love beans! We take the time, so you don’t have to.”

~ Keith & Hannah Kullberg,  
Father-Daughter Founders.



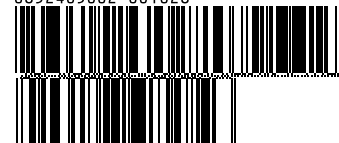
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