



## BLACK BEAN 7 LAYER DIP

### with Roasted Corn and Lime Sour Cream

*A party favorite with black refried beans, roasted corn, guacamole, lime sour cream, cheese, and fresh toppings. We usually make it without beef, and it has been requested many times in our home.*

| PREP TIME  | COOK TIME | TOTAL TIME | YIELD       |
|------------|-----------|------------|-------------|
| 20 minutes | 7 minutes | 37 minutes | 16 servings |

### INGREDIENTS

- 2 (15 to 16 oz) cans black refried beans, about 3 cups
- 1/3 cup salsa or taco sauce
- 1 Tbsp taco seasoning, divided
- 1 lb ground beef, cooked and drained (optional)
- 2 cups guacamole
- 1 1/2 cups sour cream
- 1 to 2 Tbsp fresh lime juice
- 2 cups Mexican-blend shredded cheese
- 1 cup corn, fresh, thawed frozen, or drained canned
- 1 1/2 cups chopped Roma tomatoes, excess seeds and juice removed
- 1 (4 oz) can diced green chiles, drained (optional)
- 1/2 cup sliced black olives, drained
- 1/3 to 1/2 cup sliced green onions
- 1 jalapeno, sliced or diced (optional)
- Salsa or hot sauce for serving (optional)
- Plenty of sturdy tortilla chips for serving

### INSTRUCTIONS

- 1. Roast the corn.** Heat a dry skillet over medium-high heat. Cook corn 5 to 7 minutes, stirring occasionally, until lightly browned. Remove and cool completely.
- 2. Prepare the bean layer.** Mix black refried beans with salsa or taco sauce and 1 1/2 tsp taco seasoning. Spread in a 9 x 13-inch dish. If using beef, spread it over the beans.
- 3. Add the guacamole.** Gently spread guacamole evenly over the bean layer.
- 4. Make the lime sour cream.** Mix sour cream with 1 Tbsp lime juice and remaining 1 1/2 tsp taco seasoning. Taste and add another tablespoon lime juice if desired. Spread over guacamole.
- 5. Add the cheese.** Sprinkle Mexican-blend cheese evenly over the sour cream.
- 6. Finish the top.** Combine cooled roasted corn with tomatoes and drained green chiles, if using. Scatter over cheese. Finish with olives, green onions, and jalapeno.
- 7. Chill and serve.** Cover and refrigerate until ready to serve. Serve cold with tortilla chips, salsa, and hot sauce on the side.

### WENDY'S TIPS & NOTES

- Make it several hours ahead and keep it covered in the refrigerator until serving.
- Drain the olives and green chiles well, and remove excess tomato juice to help keep the dip from getting watery.
- Keeping the guacamole covered by the lime sour cream helps limit its exposure to air.
- We usually leave out the ground beef. Serve jalapenos and hot sauce on the side for guests who want more heat.
- Estimated nutrition: about 235 calories per serving (1/16 of the dip), without optional beef, tortilla chips, salsa, or hot sauce.

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