

3-Layer Game Day Dip



SHORT STORY

With Sunday game day, you must have a good chip and dip situation. You've got the black beans. You've got the guac. And you've got the homemade pico de gallo. It all comes together quickly for a savory game day snack!

OATH & GRIND
Susan Hoff
BY SUSAN HOFF

**TIME**

45 Min

**SERVES**

4 people

**COOK**

No Cooking

: oathandgrind.com: hello@oathandgrind.com : [@OathandGrind](https://www.instagram.com/OathandGrind)LinkTree: linktr.ee/susanhoff

INGREDIENTS

Bean Layer

- 1 can black beans, rinsed and drained
- pinch of salt
- pinch of cumin
- pinch of cayenne
- pinch of garlic powder
- pinch of onion powder
- 2 Tbsp. water

Guacamole Layer

- 1 ripe avocado, diced
- 2 Tbsp. lemon juice
- 1 Roma tomato, chopped
- 1/3 cup red onion, diced
- 1 clove garlic, minced
- pinch of onion powder
- 1/2 tsp. salt

Pico de Gallo Layer

- 2 medium tomatoes, diced
- 1/3 cup red onion, diced
- 1/3 cup bell pepper, diced
- 1/2 jalapeño, seeded and diced
- 1 clove garlic, minced
- 1 Tbsp. lime juice
- pinch of cumin
- pinch of salt

Garnish

- green onions, chopped
- cilantro, chopped
- 1/4 cup nutritional yeast

INSTRUCTIONS

For the Bean Layer

1. Add all of the “bean layer” ingredients into a food processor and blend until smooth.
2. Spread the beans evenly on the bottom of your serving dish.

For the Guacamole Layer

3. Combine all of the “guacamole layer” ingredients into a large bowl and mash together with a fork.
4. Spread the guac layer over the bean layer in your serving dish.

For the Pico Layer

5. Combine all of the “pico de gallo layer” ingredients into a large bowl and stir until everything is evenly distributed.
6. Pour the pico over the guac layer in your serving dish.

For the Garnish

7. Top with green onions, cilantro, and nutritional yeast.
8. Serve immediately with blue corn tortilla or sweet potato chips!