

Mexican Layered Dip

A no-bake Tex-Mex dip for chips done in layers in a shallow dish.

Recipe by Dustin Garrett | Created on **Mar 12, 2022**

Ingredients

- 1 (16 ounce) can refried beans
- 1 (1.25 ounce) package taco seasoning mix
- 1 large tomato, seeded and chopped
- 1 cup guacamole
- 1 cup sour cream, room temperature
- 1 cup shredded sharp Cheddar cheese
- ½ cup chopped green onions
- ¼ cup chopped black olives

Directions

- Spread refried beans in the bottom of a (1-quart) shallow edged serving dish (you can use a transparent dish if you'd like). Sprinkle the seasoning packet over the beans. Layer the diced tomatoes over the beans, the sour cream over the tomatoes, and the guacamole over the sour cream. Sprinkle the entire layered dip with cheddar cheese, followed by green onion and finishing it off with a layer of black olives. Cover and refrigerate until ready to serve.

Nutrition Facts

Serving: **10 servings** | Calories: **195.2 kcal** | Carbohydrates: **13.4 g** | Protein: **7.3 g** | Saturated fat: **6.6 g** | Cholesterol: **28.2 mg** | Sodium: **525.4 mg** | Fiber: **3.7 g** | Sugar: **1.4 g**

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