

To print this recipe, select "Print" from the File menu of your browser.

---

THE RECIPE FILE is a free e-mail service from DailyInbox.com that provides selected recipes from award-winning Junior League cookbooks.  
<http://Your.DailyInbox.Com/rcp/>

---

Appetizers, Salads and Breads:  
Mexican Bean Dip

from Little Rock Cooks...  
Recipes Handed Down from Generation to Generation

---

INGREDIENTS:

15-1/2 ounce can mashed refried beans  
10-ounce can Rotel tomatoes and chilies  
1/4 pound Velveeta cheese, grated  
1 teaspoon cumin  
1/4 teaspoon chili powder

TO PREPARE:

Heat beans, tomatoes, and cheese in a double boiler. Add cumin and cook slowly about 30 minutes or until smooth. Add chili powder only if you desire a more fiery dip. Serve in a chafing dish with tortillas or corn chips.

SERVES 8

---

Copyright 1972 The Junior League of Little Rock, Inc. All rights reserved.

To purchase copies of Little Rock Cooks, call the Junior League of Little Rock at (501) 666-0658 or order by mail at P.O. Box 7453, Little Rock, AR 72217. The cost is \$18.95 plus \$4.00 shipping/handling for first book (\$2.00 each additional book). You may also purchase copies of any of the Junior League of Little Rock cookbooks through their website (<http://www.jllr.org>).

The Junior League of Little Rock, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Proceeds from the sale of Little Rock Cooks support the projects and programs of the Junior League of Little Rock, Inc.