

Virtual Experience - Bean Dip Script

- Hi guys, my name is Brooklyn Garrett. I am a 4H teen leader
- 00:04

in Breckenridge County and today part of the team cuisine I am

- 00:08

going to teach you all how to make tortilla bean dip.

- 00:12

First off, before we start, I'm make sure you wash your

- 00:15

hands in warm, soapy water for at least 20 seconds.

- 00:20

I have already done that, so I'm just going to go ahead and skip

- 00:22

to. The recipe, so First off, we're going to take 15 ounces of

- 00:27

canned refried beans and 15 ounces of salsa, and we're going

- 00:31

to just mix that.

- 00:33

Up

- 00:40

well.

- 01:06

Now that I have it poured in the bowl, I'm just gonna

- 01:09

go ahead and.

- 01:12

Mix it up.

- 01:38

OK, now that we have the beans and this also mixed up, I'm

- 01:42

going to go over to the microwave and heat it for one to

- 01:45

two minutes. So now that I have heated the beans and salsa, I'm

- 01:49

going to take the 4 ounces of cheese and I'm going to shred

- 01:53

it. If you already have shredded cheese and you just measure out

- 01:56

a half a Cup of cheese that equals 4 ounces. So I'm going to

- 02:00

take the greater and I'm going to put it in the bottom of the

- 02:04

bowl. And take my cheese and I'm just going to go

- 02:08

from top to bottom.

- 02:12

Like that?

- 02:18

And I'm just going to.

- 02:21

Keep.

- 02:23

Rotating the cheese so I don't.

- 02:27

Check my finger.

- 02:47

OK, so once you get down to a small block of cheese to protect

- 02:51

your fingers, or you can just stop grading it and just go

- 02:56

ahead and put it in the bowl. Now that we have the.

- 03:00

She's all shredded. We're just gonna sprinkle.

- 03:04

It over top.

- 03:05

Of.

- 03:07

The mixture.

- 03:12

So now that we have the shredded cheese on top,

- 03:15

you can just enjoy this with some tortilla chips.

- 03:19

If you don't finish all of it, 'cause it kinda is a lot.

- 03:21

If you don't finish it in two hours after you have made it,

- 03:24

then you can just pop it in the fridge and it'll stay

- 03:26

good for three to five days.

- 03:29

So thank you guys for watching this video on how to

- 03:32

make some bean dip. I hope you guys have fun making it.