

Appetizer

Mai's Seven Layer Dip



Ready in **20 -30 minutes**

Serves **6-8**

Ingredients

- 1 - 16 oz can refried beans
- 1 ½ cup guacamole
- 1 ½ cup sour cream
- 1- 6 oz can olives, sliced
- 1 cup chopped tomatoes *
- 1 cup cheddar or favorite grated cheese
- 1 Tbsp jalapeno minced

Preparation

1. Spread beans evenly in a 10 inch round glass casserole dish.
2. Layer guacamole, sour cream, olives, tomatoes, and cheese.
3. Top with jalapenos.

*I use my homemade guacamole that already has tomatoes in it.

Tips

Add more jalapeno if you like it spicy.

Spiritual Message from this recipe

The number seven represents a full and complete world. There is magic in these 7 ingredients, it's just perfect.