

Spicy Black Bean Dip

PREP TIME:

5 minutes

COOKING TIME:

LOW: 6 - 8 hours
or
HIGH: 3 hours

SERVES:

20 for dipping

replace canned beans with 1 1/2 cups / 8 oz dried black beans. increase cook time for dried beans by 1 hour



INGREDIENTS:

1 medium onion, chopped
1 tsp garlic / 2 cloves
2 x 15 oz cans black beans, rinsed
1 Southwest Fiesta blend
3 cups water
1/2 cup sour cream
3 tbsp lime juice
1/2 tsp salt

PREPARE:

heat the olive oil in a skillet over a medium heat and sauté the onions and garlic for 2 minutes

add the onion mixture to the beans in the slow cooker

add the beans and Southwest Fiesta blend

stir, cover and cook on LOW: 6 - 8 hours or HIGH: 3 hours

pour all the cooked ingredients into a blender and add the sour cream, lime juice and salt.

blend until smooth and serve with tortilla chips