

From the kitchen of David and Jennifer Deaven

Sides/Black Bean Dip

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- A: 1C black beans
B: 1t oil
1 small onion, chopped
2c garlic, minced
C: 1t cumin, ground
1/2t chili powder
D: 1 tomato, chopped
1/4C salsa
E: 1oz monterey jack cheese, shredded
1/3C cilantro, chopped
juice from 1 small lime
1. Cook (A) in pressure cooker until medium soft, remove and mash with fork.
 2. Saute (B) in skillet, add (C) for last minute, add beans plus (D) and cook over low heat until thickened.
 3. Remove from heat, add (E), stir, and serve.
- Servings: 8



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