



Build Flavor - Highlight with Splash of Catsup

Southwest Baked Bean Dip

Leftover ingredients create dip, spread, or spicy dinner filling

- 1 (15.5 oz.) can organic low sodium red kidney beans, divided
 - 2 ounces creamy goat cheese or cream cheese
 - 1-ounce shredded pepper jack or cheddar cheese
 - 2 Tablespoons catsup
 - 1/8 teaspoon (each) ground cumin; oregano; ground black pepper
 - 2 Tablespoons minced red onion, divided
 - 6 Tablespoons fine chopped multicolored sweet peppers, divided
 - 1 to 2 teaspoons minced jalapeno peppers as desired, divided
 - 1/2 cup plain Greek yogurt
 - 1/4 cup shredded pepper jack or cheddar cheese
 - Cilantro leaves as desired
- Serve with: Tortilla chips or Quinoa tortilla chips as desired

Before Starting: Preheat oven to 375-degree F. Lightly grease 10-1/2-inch round (2-1/2 cup) baking dish or pan.

Prepare Beans: Drain kidney beans, set aside 2 Tablespoons bean liquid (aquafaba). Rinse kidney beans; set 1/2 cup beans aside. Place remaining beans in food processor.

Mix Dip Ingredients: Add cream cheese, 1-ounce shredded cheddar cheese, catsup, cumin, oregano, black pepper and 2 Tablespoons bean liquid (aquafaba) to food processor; process to blend ingredients. Add 1 Tablespoon minced red onion, 2 Tablespoons chopped sweet pepper, 1 teaspoon jalapeno peppers, and 1/4 cup yogurt; process to blend. Add remaining yogurt for creamier dip.

Bake Dip: Spread bean dip into prepared baking pan; sprinkle with 1/4 cup shredded cheese; bake in preheated oven for 15 minutes or until cheese melts.

Garnish and Serve: Remove from oven; sprinkle with remaining minced onion, sweet peppers; minced jalapeno peppers. Sprinkle cilantro leaves over and top; serve with tortilla chips as desired. Serves 6

About the Recipe: Most people have a can of beans on the shelf that be a real flavor enhancer, even when mixed with party leftovers. Here's one to try! Serve this dish as a snack, sandwich spread, or even filling for a Tex-Mex dinner dish. Beans can flavor appetizers, main dishes, salads, soup, and even desserts. Don't you love those easy recipes that taste delicious?