

Bean Dip Recipe - Exotic Version



Ingredients

2 C or 15 oz can of black, kidney or pinto beans drained, rinsed
 1 C fat free salsa - most are
 ¼ C small chop green pepper
 ½ C frozen corn kernels

One night after a community meeting, everyone wanted to still talk about the issue. I suggested my place. Someone went for a beer run and I realized I had to feed 8 people something. This is what I had in the fridge and pantry. It was such a hit I have it at every party.

There is an even simpler version of this. Yes, amazingly so.

Method

1. Thaw the corn in a microwavable bowl for 1 minute.
2. Put the beans into medium bowl or put in food processor.
3. Add the salsa to the beans.
4. Either pulse in the FP for 10-15 times or mash the beans and salsa together until desired consistency.
5. Add the corn and peppers to the beans.
6. Heat for 1-2 minutes in the microwave.
7. Tell people you made the beans and cooked this all day.

Note: The hard part is figuring out whether to have this with veggies or chips.