

Black Bean Layered Dip with New Mexican Chile Salsa

Carolyn T's
Main Cookbook

Servings: 8

Author: Phillis Carey, cooking instructor and author



Notes: If you're making a large batch of this, cut open all the poblano chiles, remove seeds and make large size slices and lay on cookie sheet (foil lined) and broil just until skin begins to blister. The skin should be easy to remove once it cools.

1. Heat oil in a large nonstick skillet over medium heat. Add garlic, poblano chile and onion. Cook until tender, about 5 minutes. Remove from heat.
2. In food processor blend beans, lime juice, 1/4 cup cilantro, spices and water until smooth, adding up to 2 T. more water if necessary to make a fairly smooth consistency. Add onion mixture and blend until smooth. A bit of chunky texture is okay. Spread mixture into a shallow bowl or pie plate, cover and chill for 2 hours, or up to 1 day. Allow bean mixture to sit out for an hour before continuing.
3. Spread top of bean mixture with sour cream and spoon salsa over the top. Sprinkle top with additional cilantro.

- 1 teaspoon vegetable oil
- 2 cloves garlic, minced (use large cloves)
- 1 whole poblano chile, roasted, skinned and diced (or use canned Ortega)
- 1/2 cup onion, chopped
- 30 ounces canned black beans, drained, rinsed
- 3 tablespoons fresh lime juice
- 1/4 cup cilantro, chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne, or to taste
- 2 tablespoons water
- 2 tablespoons cilantro, chopped, for garnish on top
- 1/2 cup Roasted New Mexico Chile Salsa
- Tortilla chips

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Per Serving (excluding unknown items): 111 Calories; 2g Fat (13.1% calories from fat); 6g Protein; 17g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 545mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Roasted New Mexico Chile Salsa

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Yield: 2 1/2 cups

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- 4 whole dried New Mexico chiles
- 3 medium plum tomatoes
- 1/2 small white onion, sliced
- 6 cloves garlic, peeled
- 1/4 teaspoon dried oregano, Mexican, if available
- 1 1/2 tablespoons cider vinegar
- 1/2 cup water, approximately
- 1 1/2 teaspoons salt

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Description: Like the canned stuff, but much, much better.

1. Pull the stems off the dried chiles, tear them open (flat) and shake out the seeds. Place in a bowl, cover with hot tap water and lay a plate on top to keep them submerged, for about 20-30 minutes.
2. Preheat broiler. Lay whole tomatoes on a broiler pan or baking sheet (line with foil) and broil for about 6 minutes, or until blackened in spot. Turn them over and roast another 6 minutes or so, until soft and blackened in spots. Cool.
3. Turn oven to 425. Separate onion on a baking sheet and combine with garlic cloves. Set in the oven. Stir carefully every few minutes, until the onions and garlic are soft, about 15 minutes.
4. Place roasted tomatoes and drained chiles in blender (or food processor)

*Per Serving (excluding unknown items): 96 Calories;
1g Fat (6.7% calories from fat); 4g Protein; 22g
Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol;
3226mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2
Vegetable; 0 Fat; 0 Other Carbohydrates.*

and process to a fairly smooth paste. Scrape 2/3 of the puree into a large bowl. Roughly chop the onions and garlic, and add to blender with the remaining chile-tomato mixture. Pulse repeatedly until all are finely chopped, adding a bit of water as necessary, to keep the mixture loose. Scrape puree into the bowl, then stir in oregano and vinegar, then add enough water to thin it a bit. Taste it and season with salt, and maybe a bit of sugar if it tastes bitter. Use immediately, or keep refrigerated up to 5 days.