



Recipe Corner



BLACK BEAN SOUP

Heat 2 tsp. olive oil in large heavy pan.
Add 2 finely chopped onions and sauté for 5-8 minutes.

Add:

4 tsp	chili powder
28 ounce can	tomatoes
1 3/4 cups	chicken stock
19 ounce can	black beans (drained)
1 1/2 cups	kernel corn
2 tsp	cilantro (optional)
1 or 2	jalapeno peppers – chopped

Simmer 15 minutes and
serve with shredded cheese.
*Tortilla chips are a nice
substitute instead of crackers
with this soup.*



BLACK BEAN DIP

1 lb	hamburger
1 cup	chopped onion
1 pkg	taco seasoning mix
1 cup	water
2 cups	cooked black beans mashed
1/2 cup	each of green and red peppers chopped (optional)
1 – 250 g	cream cheese
1 – 250 ml	sour cream
1/2 cup	green onion chopped
1–2 cups	shredded cheddar cheese
	Black olives sliced

Brown hamburger meat with chopped onions. Add taco seasoning mix with 1 cup of water. Mix in cooked and mashed black beans; add chopped green and red peppers or hot peppers if desired. Salt and pepper to taste. Place mixture in a 9x14 pan.

Mix together cream cheese (softened), sour cream, chopped green onions and place on top of meat mixture. Garnish with black olives and shredded cheese.

Bake at 325°F for 30 minutes.

Serve with tortilla or other corn chips