

Healthy Harvest® Pasta Sauce Warm Nacho Dip

Preparation Time: 10 minutes

Cooking time: 25 minutes

Servings: 8



Invite friends and family to share a warm, cheesy dip at the next casual get together. It is sure to be a crowd pleaser, you may want to make to make extra.

Ingredients

1 jar (570 mL) **Healthy Harvest® Pasta Sauce Olive and Basil**

1 tbsp (15 mL) oil

1/2 lb (8 oz) ground beef

1/2 onion, finely chopped

1/2 red pepper, finely chopped

1/2 green pepper, finely chopped

1 tbsp (15 mL) Tex-Mex seasoning blend

8 oz (250 g) plain, brick-style cream cheese, chopped

1 can (540 mL) black beans, drained and rinsed

1 cup (250 mL) shredded cheese, Mexican or taco blend

1/4 cup (60 mL) finely chopped green onion

chopped fresh cilantro

1/4 cup (60 ml)

1 jalapeno, seeded and finely chopped (optional)

Tortilla chips

Instructions

1. Heat the oil in a large, nonstick skillet set over medium-high heat. Add the ground beef and cook for 5 minutes or until browned. Add the onion, red pepper, green pepper and seasoning blend. Cook for 5 minutes or until the vegetables are softened.
 2. Stir in the sauce and bring to a boil. Simmer for 10 minutes or until slightly reduced. Whisk in the cream cheese until smooth. Stir in the beans. Cook for 5 minutes or until heated through; remove from heat.
 3. Preheat the broiler to high. Toss the cheese with the green onion, cilantro and jalapenos (if using). Sprinkle the cheese mixture over the skillet. Broil for 3 to 5 minutes or until melted and bubbling. Serve with tortilla chips.
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Tips:

- Omit the ground beef to make a vegetarian friendly dish.
- Bring this dip to the next pot luck by transferring the bean mixture to a casserole dish before topping with cheese.

Nutritional Information per serving (1/8 dip with 8 tortilla chips):

350 calories, 19 g fat, 9 g saturated fat, 63 mg cholesterol, 616 mg sodium, 29 g carbohydrates, 2 g fibre, 5 g sugar, 16 g protein.



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