



TAIT FARM FOODS

CHIPOTLE BEAN DIP

2 C. cooked pinto beans, rinsed & drained
(2-14oz. cans)

2 Tbs. canola or olive oil

½ C. red bell pepper, finely minced

2 Tbs. finely minced onions or scallions

1 clove of garlic, finely minced

¼ tsp. cayenne pepper

½ tsp. salt

freshly ground black pepper to taste

6 Tbs. Tait Farm Cherry Chipotle Sauce

~ Heat the oil in a small skillet. Stir fry the peppers, onions and garlic for 2-3 minutes... until wilted but not brown.

~ In the bowl of a food processor combine this mixture with the rest of the ingredients.

Process until smooth and creamy. Serve with tortilla chips or vegetables.

Variation: Follow the above instructions. Stir in 2 cups shredded cheddar cheese. Pour into a small, greased casserole and bake at 350 degrees until heated through and bubbly... or put into a microwave and do the same.