

NO-GUILT BEAN DIP

Servings: 5 cups

If you're looking for a healthy snack, this dip is low-calorie and freezes well. Also use it as a sandwich spread, rolled up in burritos, or layered into a tortilla pie.

INGREDIENTS

1 tsp	cooking or olive oil
1	onion, diced
3	cloves garlic, minced
1-2 cups	frozen or canned corn
1-28 oz. can	chopped tomatoes
1 Tbsp	chili powder
2 tsp	cumin
1 tsp	dried coriander
1-3 Tbsp	salt, or to taste
6 cups	any combination cooked beans (canned or cooked from dried and drained)

DIRECTIONS

1. In a large sauce pan, heat the oil on medium heat.
2. Add onions and cook for 3-4 minutes, until softened and just beginning to turn golden.
3. Add the garlic and sauté for another minute until fragrant.
4. Add the corn and tomatoes, and cook until the corn has thawed (if using frozen) and any excess from the tomatoes has simmered away. Stir in the spices and one tablespoon of the salt.
5. Stir in the beans, using the back of your spoon to smash the beans against the bottom and sides of the pan. Continue stirring and smashing until the beans are mashed to your preferred consistency.
6. Taste and add salt and additional seasonings as needed.
7. Serve with thinly sliced pieces of toast, vegetable sticks, pita or tortilla chips.