

Craig's Easy and Delicious Black Bean Dip

Total prep time: 10 minutes

Total cooking time: 20 minutes

Ingredients

- 1 tbsp canola oil
- 2 15oz cans black beans (low-sodium), drained
- 2 7oz cans green Ortega chilies, chopped
- 1 14.5oz can Muir Glenn fire-roasted tomatoes
- 5 cloves garlic, minced
- 1 small onion, chopped
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp chile powder
- 1/4 tsp ground black pepper
- 1/2 tsp crushed red pepper flakes (more or less to attain desired spiciness)
- 1/2 tsp kosher salt (adjust amount until as salty as you like)

Directions

- In a 2 qt saucepan or pot, saute onions in the oil for five minutes over medium heat, add garlic and saute one more minute.
- Add the black beans, Ortega chilies, fire-roasted tomatoes, and all the seasonings and stir to blend
- Lower temperature to medium-low and let simmer uncovered 15 minutes, stirring occasionally
- Mash the beans with a potato masher until they reach the desired consistency and serve