

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Pop the Ingredients in the Slow Cooker and Cooking is Done!

Time for Shopping and Wrapping:

Chipotle Black Bean Dip

8 OZ Soy Chorizo*
1 Cup Chopped Red Onion
1 Tsp Grated Garlic
2 (15 OZ) Cans Black Beans, drained and rinsed
1 (15 OZ) Can Fire Roasted Tomatoes
1/2 Tsp Dried Oregano
1/2 Tsp Cumin
1/2 Tsp Black Pepper
1/2 Tsp Turmeric
1 TB Chopped Canned Chipotles
1/2 Cup Light Cheddar or Monterey Jack with Pepper
Nonfat Greek Yogurt
Chopped Cilantro
Baked Corn Chips

Crudités: Carrots and Celery Sticks

Step One Sauté the sausage and onion until the sausage is brown. Stir in the garlic and cook and stir for an additional minute. Remove from the skillet and drain any liquid off in a colander. Place in a bowl, and add 1/2 of the black beans, the tomatoes, spices and chipotles.

Step Two In a 1 1/2 Quart Slow Cooker, mash the remaining black beans. Top with the sausage mixture and sprinkle with cheese. Cover and cook on low for 4 hours – high for 2.

Step Three Scoop the warm mixture into a dish, top with the yo-

gurt, cheese and chopped cilantro. Serve with chips and crudités.

2 Kitchen Smidgen

The chorizo we are using in this recipe is the type typically eaten in Mexico and the Southwestern United States. Based on the uncooked Spanish *chorizo fresco*, the “meat” is ground rather than chopped, and different seasonings are used.

Find more slow cooker recipes on the Taste and Savor Blog!

<http://www.tasteandsavor.com/blog.html>

3 Get Creative

Although you can find *Soy Chorizo in many stores, my favorite is from Trader Joes. It's less expensive, and a dead ringer for the color of regular chorizo, you'll fool meat eating friends with it's spicy flavor!

4 WINE of the Week

Borsao Campo de Borja

Spain
About \$12.00 at Cost Plus World Market

Simply one of the best red bargains out there, this wine made from mostly Garnacha and a little Tempranillo is a super companion to any Spanish or Mexican inspired hearty cuisine. You'll enjoy it's beautiful deep red color and smell deep dark red fruits, maybe even a little grape candy. A small price to pay for such a delicious partner for dinner or appetizers.