

Queso Fundido



Makes:

10-12

Utensil:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor

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Recipe:

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Recipe Description:

This popular melted cheese appetizer seasoned with tomato, spices, peppers and onion is a fun party food. Chorizo and other sausages are typically used to top the cheese dip. Queso Fundido is said to have originated in Mexico with many variations. Lighten up this decadent dish by substituting some of the cheese with pureed butternut squash; you won't miss the extra fat and calories. Make this quick and easy using your Saladmaster Ultimate Culinaire!

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Queso Ingredients

- 1 onion, small, fine dice
- 2 garlic cloves, shredded, use Cone #1
- 1 pepper, orange, red or green, fine dice

2 jalapeños, seeded and minced
 pinch natural salt
 1 cup
 butternut squash puree
 (235
 ml)
 1 tsp
 cumin, ground
 (2 2/3
 g)
 1 tsp
 oregano, dry
 (1
 g)
 1/2 tsp
 chili powder
 (2 2/3
 g)
 1 cup
 tomato, small dice with juices
 (180
 g)
 1/2 cup
 water
 (4 ounces
 3 cups
 monterey jack cheese, reduced fat, shredded, use Cone #2

Garnishes (optional)

minced scallion minced tomato or salsa chopped fresh cilantro

assorted tortilla chips for dipping

Directions:

1. Preheat Ultimate Culinaire over medium heat for 7-9 minutes until a small sprinkle of water skitters and dissipates.
2. Sauté onion, garlic, pepper, jalapenos and pinch of salt for 6-8 minutes until softened, stir frequently.
3. Add butternut squash puree, cumin, oregano, chili powder, tomato and water. Cover Ultimate Culinaire and when Vapo-Valve™ begins to click turn heat to low and cook for 3 minutes.
4. Remove cover and stir in cheese until melted and incorporated.
5. Garnish Queso Fundido and serve warm with tortilla chips or fresh vegetables for dipping.

Tips:

- Garnish top of Queso Fundido with cooked, chopped chorizo sausage.
- Steam peeled, diced butternut squash or frozen butternut squash cubes, for 3-5 minutes until softened and puree in blender for butternut squash puree.

Calories: 128

Fat: 8g

Saturated Fat: 3g

Cholesterol: 22mg

Sodium: 197mg

Carbohydrate: 5g

Fiber: 1g

Sugar: 0g

Protein: 8g