

Warm Beef Enchilada Dip



Makes:

12

Utensil:

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

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Recipe:

Contributed By:

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Recipe Description:

This one pot warm and cheesy dip has all of the flavors that you love in an enchilada. Choose lean ground beef or lean ground turkey to reduce the overall fat without sacrificing flavor. Serve warm from the Ultimate Culinaire with your favorite corn or rice tortilla chips.

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1 cup
onion, shredded, use Cone #2
(160
g)
2 garlic cloves, shredded, use Cone #1
1 lb
lean ground beef

(1/2
kg)
1 tsp
cumin powder
(2 2/3
g)
4 oz
fire roasted green chilies, chopped, drained
(113
g)
2 cups
corn, fresh or frozen
(152
g)
1/2 cup
tomato, chopped
(90
g)
8 oz
red chili enchilada sauce
(240
g)
3/4 cup
monterey jack or cheddar cheese, shredded, use Cone #2
(84
g)
1/4 cup
scallions, minced
(25
g)
tortilla chips

Additional Toppings:

minced scallions, chopped cilantro, hot sauce, sour
cream

Directions:

1. Preheat Ultimate Culinaire over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Sauté onion and garlic for 4 minutes until browned. Add ground beef and cumin, stir to break up meat, cover and cook for 5 minutes.
3. Remove cover and add fire roasted chilies, corn, tomato and red chili enchilada sauce.
4. Stir all of the ingredients together and cook for 5-7 minutes.
5. Stir in 1/2 cup of cheese and add remaining 1/4 cup of cheese to top, cover and cook on low heat for 5 minutes.
6. Garnish top of enchilada dip with minced scallions.
7. Serve dip warm in Ultimate Culinaire as is with tortilla chips or serve with additional toppings, hot sauce, sour cream, cilantro and minced scallions

Tips:

- For a vegetarian entrée, omit ground meat and replace with cooked black beans, pinto beans or ground tempeh.

Nutritional Information per

▼ Serving

Calories: 173
Total Fat: 10g
Saturated Fat: 4g
Cholesterol: 35mg
Sodium: 211mg
Total 9g
Carbs:
Dietary Fiber: 1g

Sugar: 2g
Protein: 10g
