



Smoky Black Bean Dip Slow Cooker Recipe

Makes 8 ¼ cup servings

- 2 cups black/pinto beans (dry)
- 6 cups water
- 1 small onion, chopped
- 2 cloves garlic
- 1 small can chopped chipotles in adobo sauce
- 1 fresh hot pepper
- 3 tablespoons fresh cilantro juice from one lime

Vegetables/chips for dipping

Directions:

1. In slow cooker, combine beans, water, onion, garlic, and canned chipotles.
2. Cover and cook on high 8 hours, adding more water as needed.
3. Use potato masher to mash contents of slow cooker to desired consistency. Allow to cool.
4. Seed and chop the hot pepper, chop cilantro and juice lime. Add to bean dip and mix thoroughly.
5. Serve with tortilla chips and fresh vegetables

Nutrients Per Serving:

65 calories	3.8 grams fiber
3.9 grams protein	0.7 mg sodium
10.9 grams carbohydrate	

Market Baskets Program: Thanks to the generous support from the Robert & Eleanor Franke Charitable Foundation, Hillview Urban Agriculture Center is excited to introduce the Market Baskets Program – an easy, fun, and interactive way to bring low cost, tasty, and nutritious meals to family's tables in the La Crosse area. Designed to appeal to all ages, the Market Baskets classes and demonstrations are created to quickly teach participants how to prepare low cost and great tasty meals with minimal preparation and clean up using one-pot slow cookers. The goal of the program is to distribute 800 FREE SLOW COOKERS and enough legumes and whole grains for 20,000 MEALS to families throughout the La Crosse area. We are also getting support from the People's Food Co-op in donating ingredients such as dried beans and rice, the Hunger Task Force is providing storage space, and La Crosse RSVP is helping with pre-preparations and serving at events.

