

Black Bean and Goat Cheese Dip from KellyintheKitchen

INGREDIENTS

olive oil or bacon grease
1 small onion, chopped
1 clove garlic, minced
1 tsp ground cumin
2 (15 oz) cans black beans, drained and rinsed
1 cup vegetable stock (chicken stock or even water would work here, too)
1 (4 oz) can green chiles, chopped
2/3 cup Greek yogurt (or sour cream will do)
1/2 tsp oregano
salt and pepper to taste
2 oz goat cheese
sriracha or other hot sauce
1/2 cup green onion, chopped
tortilla chips, pita bread, or carrot and cucumber slices for dipping

DIRECTIONS

Preheat oven to 375 F.

Heat olive oil or bacon grease in a saucepan over medium flame. Saute the onion and garlic until soft, about 5 minutes. Stir in the cumin and cook another minute, and then pour in the first can of black beans. Mash with a potato masher.

Stir in the vegetable stock and green chiles. Simmer until most of the liquid has evaporated. Then add the second can of beans and mash again, a little more coarsely this time. Remove from heat.

Stir in the Greek yogurt, oregano, salt, and pepper. Transfer the bean mixture to a baking dish.

Break up the goat cheese into small pieces and press them into the top of the dip. Drizzle sriracha over the top.

Bake for 20 minutes. As the dip bubbles, it might bubble over, so make sure you have a pan or a sheet of foil to catch any drips. When the 20 minutes are up, remove from the oven.

Just before serving (either hot or at room temperature), sprinkle with chopped green onion. Serve with tortilla chips or pita bread, with carrot sticks and cucumber slices.