

Warm Beef Enchilada Dip



Sirve:

12

Pieza:

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

Valora: ★★☆☆☆

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
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Descripción de la Receta:

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.

Like the Ultimate Culinaire? [Reserve your Special Offer](#) before it expires!

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

Preparación :

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

Consejos:

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

Información nutricional por ración

Calorías: 173
Grasa Total: 10g
Grasa 4g
Saturada:
Colesterol: 35mg
Sodio: 211mg
Carbohidratos: 9g
Fibra 1g
Dietética:

Azúcar: 2g
Proteína: 10g
