

**RECIPE 4-45**

# POTTED BLACK BEAN DIP

Recipe Yield: 1 quart

MEASUREMENTS		INGREDIENTS
U.S.	METRIC	
1 pound	454 g	Black turtle beans
2 tablespoons	30 mL	Olive oil
1 each	1 each	Onion, large
2 each	2 each	Bay leaf
6 cups	1.4 L	Chicken stock
1 cup	237 mL	Sherry
4 each	4 each	Garlic cloves, minced
6 each	4 each	Green chiles, seeded and chopped
1 cup	237 mL	Cilantro, chopped
2 cups	473 mL	Walnuts, chopped
2/3 cups	158 mL	Scallions, chopped
2 tablespoons	30 mL	Chile powder
2 tablespoons	30 mL	Cumin
To Taste	To taste	Salt

PREPARATION STEPS:

1. Wash the beans and soak overnight. Drain.
2. In a large saucepan, add the garlic and oil and sauté until soft.
3. Add the bay leaf, stock, sherry, and beans. Bring to a boil, and then reduce to a simmer for 45 minutes or until tender.
4. Drain the beans and add to a food processor.
5. Add the chiles, cilantro, walnuts, scallions, and seasonings.
6. Process until the mixture reaches the desired consistency.
7. Adjust seasoning.
8. Using a casserole or large ramekin, heat in oven at 350°F (177°C) until hot.
9. Serve warm.