

Canada Agriculture and Food Museum

Mexican black bean dip

Apprentice chef mighty proteins recipe

- 500 ml / 2 cups black beans, cooked
- 125 ml / ½ cup salsa
- 125 ml / ½ cup sour cream
- 250 ml / 1 cup cheddar cheese, grated
- 125 ml / ½ cup green or red pepper, washed and diced
- 5 ml / 1 teaspoon cumin
- 10 ml / 2 teaspoon chili powder
- 3 ml / ½ teaspoon garlic powder
- pinch of salt and pepper
- Topping: black olives, finely sliced; green onions, washed and chopped; fresh coriander, washed and chopped

Equipment

- square or rectangular ovenproof pan
- timer
- mixing bowl
- knife



- potato masher
- chopping board
- measuring cups
- measuring spoons



Allergy Warning! Contains milk.

Preparation

1. Preheat the oven to 190°C (375°F).
2. If you're using canned beans, open the can and drain the beans into the sink.
3. In the bowl, mash the beans using the potato masher.
4. Add the salsa, sour cream, peppers, cumin, chili powder, garlic powder, salt, pepper and ½ cup of the cheese (keep the rest for the next step) to the beans. Mix well.
5. Pour the mixture into the pan and sprinkle the rest of the cheese on top.
6. Place in the oven and set the timer for 20 minutes.
7. Check the dip from time to time to make sure it's not burning. The dip is ready when it bubbles at the edges of the pan and the cheese has melted.
8. Take the dip out of the oven and let it cool for a few minutes.
9. Garnish with the black olives, green onions and fresh coriander. Serve with corn chips, sliced pita bread or raw vegetables.

This lesson plan was produced by the Canada Agriculture and Food Museum.

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