



TACO DIP

From the Kitchen of: Kimmy Van DeWege, MPH, Registered Dietitian

Preparation Time: 20 minutes | **Cook Time:** 15 minutes | **Yield:** 10 servings
Common Allergens: Milk (Optional)

"Whether it's game-day or your fresh garden tomatoes are overflowing, this recipe is for you! With options for a plant-based twist on an appetizer staple, this recipe combines fresh toppings with a plant-protein base, sure to keep the conversation not only on the game, but on the food! Enjoy with your favorite chips and veggies," says Kimmy.

"My mom made a version of this recipe growing up! It is still one of my absolute favorites that I always request. It's the best when you eat it fresh, and the plant-based meat is still a little warm with all the cool toppings! You can also play around with adding other veggies like peppers and olives, make it your own and get creative! That's the fun of cooking and I hope you enjoy the process of making this too!"



INGREDIENTS:

- 1 pound plant-based ground meat, such as Beyond, Impossible, or Gardein
- 8 ounces enchilada sauce, divided
- 8 ounces cream cheese (or plant-based cream cheese)
- 1/2 cup dairy free sour cream (or plain Greek yogurt)
- 1 1/2 teaspoons chili powder
- 1/2 (15 ounce) can black beans, rinsed and drained
- 2 cups diced tomatoes
- 3 cups shredded lettuce
- 1/2 cup green onions, chopped
- 2 avocados, cut into small chunks
- Handful of cilantro for topping
- Sea salt and pepper, to taste
- Cheese, for topping (optional)

INSTRUCTIONS:

- Cook the plant-based meat per package instructions.
- Add 6 ounces of the enchilada sauce to the meat in a saucepan. Let it cool.
- In a stand mixer, beat the cream cheese, sour cream, chili powder, and remaining 2 ounces of enchilada sauce.
- Spread cream cheese mixture into the base of a 9 x 13-inch serving dish.
- Add the meat and sauce mixture as the next layer above the cream cheese mixture.
- Add the remaining toppings as layers one at a time (black beans, tomatoes, lettuce, green onions, avocados, cilantro, salt and pepper, and optional cheese).

REGROW YOUR GREEN ONIONS:

"When using green onions, AKA scallions, the white bulb end with the roots can be placed into organic potting soil and new leaves will grow, as long as the ends have enough light and moisture. Leaves can be harvested once they reach the desired length," according to community member Michele Yanga.

