



## Black-Eyed Pea Dip

Open cans for a simple short-cut to this meaty black bean dip; hearty, healthy, and delicious. Ideal for New Year's Day but enjoyable year round.

Makes 24 (1/4-cup) servings

- 1/2 pound ground sirloin
- 1 onion, chopped
- 1 green or red bell pepper, cored, chopped
- 1 tablespoon all-purpose flour
- 1 tablespoon chopped jarred jalapenos
- 2 (15-ounce) cans black- eyed peas, rinsed and drained
- 1 (10-ounce) can diced tomatoes and green chilies
- 1 1/2 cups shredded reduced-fat Mexican blend cheese

1. In nonstick pot coated with nonstick cooking spray, cook meat, onion, and bell pepper, until meat is done.
2. Stir in flour, and add remaining ingredients, stirring until cheese is melted and dip heated thoroughly. Serve hot.

Nutritional information per serving:

Calories 66 Calories from fat 26% Fat 2g Saturated Fat 1g Cholesterol 10mg Sodium 222mg Carbohydrate 7g Dietary Fiber 1g Sugars 1g Protein 5g Dietary Exchanges: 1/2 starch, 1/2 lean meat starch | 2 lean meat