Raspberry-chipotle black bean dip

1 tbsp canola oil
1 cooking onion, diced
2 cloves garlic, minced
2 cans (540ml/19oz) black beans drained and rinsed
1 tsp ground cumin
1 tsp salt
¼ tsp freshly ground pepper
½ cup vegetable stock
½ cup raspberry jam
¼ cup minced chipotle pepper in adobe sauce.
1 cup plain Greek yogurt

Garnishes
Sliced green onions
Diced peppers
Cilantro

Serve with tortilla chips

Preheat oven to 350F

1. Add canola oil to a cast-iron skillet and sweat the onions and garlic until soft and translucent. Stir in the black beans, cumin, salt and pepper along with the vegetable stock and bring to a simmer. Cook for 8 min. Use a potato masher to partially crush the beans, leaving some whole.
2. Mix together the raspberry jam and chopped chipotle peppers. Stir 2 tbsp into the black beans. Smooth the black bean mixture out.
3. Add the Greek yogurt to a large bowl and fold in the remainder of the raspberry and chipotle mixture so the mixture is marbled. Dollop on to the centre of the beans and bake for 12min. until warmed through.
4. Garnish and serve immediately.

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TIP: To make ahead. Prepare to the end of step 2. Refrigerate the black beans and raspberry-chipotle mixtures separately for up to 2 days. When ready to serve, remove from the fridge and continue with steps 3 and 4.

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