

Vegan Whipped Cashew Dip with Roasted Red Peppers and Olives

- 1 ½ cups raw cashews
 - ½ cup jarred roasted red peppers, rinsed, patted dry, and chopped
 - 3 tablespoons extra-virgin olive oil
 - 3 tablespoons lemon juice
- Salt and pepper
- 1 garlic clove, minced
 - ½ cup minced fresh parsley
 - ½ cup pitted kalamata olives, chopped

You can substitute an equal amount of slivered almonds for the cashews; however, the dip will have a slightly coarser consistency. Serve with chips, crackers, or crudités.

INSTRUCTIONS

1. Place cashews in a bowl and add cold water to cover by 1 inch. Let sit at room temperature for at least 12 hours or up to 24 hours. Drain and rinse well.
2. Process soaked cashews, red peppers, 3 tablespoons water, oil, lemon juice, ¼ teaspoon salt, ½ teaspoon pepper, and garlic in a food processor until smooth, about 2 minutes, scraping down sides of bowl as needed.
3. Transfer cashew mixture to bowl, stir in parsley and olives, and season with salt and pepper to taste. Cover with plastic wrap and let sit at room temperature until flavors meld, about 30 minutes. Serve. (Dip can be refrigerated for up to 5 days; stir in 1 tablespoon of warm water to loosen dip if necessary before serving.)



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Slow-Cooker Beef and Black Bean Taco Dip

- 1 pound 85% lean ground beef
- 1 ounce taco seasoning (from packet)
- 2 garlic cloves, minced
- 2 (15-ounce) cans black beans, rinsed
- 2 (10-ounce) cans Ro-Tel tomatoes & green chilies, drained with $\frac{1}{4}$ cup juice reserved
- 8 ounces Monterey Jack cheese, shredded (2 cups)
- 2 scallions, sliced thin

INSTRUCTIONS

1. Microwave ground beef, taco seasoning, and garlic in a bowl, stirring occasionally, until beef is no longer pink, about 5 minutes. Break up any large pieces of beef with a spoon, then drain off excess fat.
2. Using potato masher, mash half of beans with reserved tomato juice in a large bowl until mostly smooth. Stir in beef mixture, tomatoes, 1 $\frac{1}{2}$ cups Monterey Jack, and remaining beans until well combined.
3. (For 3- to 5- quart slow cooker) Transfer mixture to slow cooker, cover, and cook until heated through, 1 to 2 hours on low. Gently stir dip to recombine, then sprinkle with remaining $\frac{1}{2}$ cup Monterey Jack. Cover and cook on low until the cheese is melted, about 5 minutes.
4. Sprinkle dip with scallions and serve. (Dip can be held on warm or low setting for up to 2 hours.)

(For 5 $\frac{1}{2}$ - 7-quart slow cooker) Transfer mixture to 1 $\frac{1}{2}$ -quart soufflé dish. Set the dish in a slow cooker and pour water into a slow cooker until it reaches about one-third up the sides of the dish (about 2 cups water). Cover and cook until heated through, 1 to 2 hours on low. Gently stir dip to recombine, then sprinkle with remaining $\frac{1}{2}$ cup Monterey Jack. Cover and cook on low until the cheese is melted, about 5 minutes. Remove the dish from the slow cooker, if desired.



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