

# COWGIRL QUESO



VEGAN, GLUTEN-FREE, DAIRY FREE LONG WEEKEND GOODNESS

What is better than cheesy yummy dipping goodness on a long weekend? Not much!

This scrumptious dip is a winner with the whole family. Being gluten-free, vegan, and dairy-free everyone can grab a chip and join in. Since we are enjoying this long weekend with just our closest household members why not feast out on the patio and make it a weekend to remember. Easy to prepare on the stove or BBQ and featuring the dairy-free cashew cheese delight of Core&Rind this recipe is a long weekend win!

## INGREDIENTS

- 1 cup organic tomatoes, diced
- 1 cup Green Organic's Sweet Corn, GMO-Free (cooked)
- 1/2 organic yellow onion, diced
- 1 tbsp fresh organic cilantro chopped (+ extra to top)
- 1 14oz can Eden Organics Black Beans or Black Soy Beans no salt added, rinsed
- 1/2 organic lime
- 1/2 organic avocado (to add on top)
- 1 tsp Maison Orphee Extra Virgin Olive Oil
- 1/4 tsp Sunhed Himalayan Pink Salt
- 1 11oz Jar Core&Rind Bold & Spicy Cashew Cheesy Sauce

## DIRECTIONS

1. Dice the organic tomatoes, cook the Green Organic's Sweet Corn on the stove or in the microwave-safe bag, and dice the organic onions. Chop the fresh organic cilantro, drain and rinse the Eden Organics Black Beans or Black Soy Beans. Cut the organic lime and organic avocado and set aside.
2. In a 10" skillet or pan, heat the Maison Orphee Extra Virgin Olive Oil over medium heat on the stove or BBQ, add the diced organic onion, and cook until onion is browned. About 5-6 minutes, stirring occasionally.
3. Add the Eden Organics Black Beans or Black Soy Beans, diced organic tomatoes, cooked Green Organic's Sweet Corn, and cook until tomatoes soften. About 3-4 minutes stirring occasionally.
4. Add in the Sunhed Himalayan Pink Salt, chopped organic cilantro, and the Core&Rind Bold & Spicy Cashew Cheesy Sauce and bring to a bubble stirring occasionally, then remove from heat. Squeeze half a cut organic lime over the dip, then top with extra organic cilantro, organic avocado, and extra organic tomatoes and corn if you wish and ENJOY!

Pair with a bag of Organic Que Pasa Carnival Tortilla Chips and enjoy on the back deck in the beautiful sunshine.

Recipe adapted from CoreandRind.com and Jamie Koll - Girls Who Eat

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