

# Dips

Compiled by: Becky

# Dips

Introduction

## Dips

### Bitchin' Sauce

#### Description

Definition: Bitchin' Sauce (nerb&mdash;noun + verb) is a bitchin' (for lack of a better word) sauce sold at the San Diego farmers market. It comes in 3 varieties&mdash;original, chipotle, pesto. It's both vegan and gluten-free. And the taste? It's oh-em-gee out of this world! (Coming from a girl who turns her nose up at all things vegan. Mark my word&mdash;this sauce made me a lover.) Almonds give the sauce its creamy base. While lemons provide a lovely kick at the end.

#### Ingredients

- 3/4 cup plus 2 tbsp. water
- 1/2 cup plus 2 tbsp grapeseed oil
- 1 cup raw almonds
- 1/4 cup plus 2 tbsp lemon juice
- 3 tbsps nutritional yeast - see notes
- 2 cloves garlic
- 2 tsps Bragg liquid aminos - see notes
- 1 tsp salt
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp coriander
- 1/4 tsp paprika



#### Instructions

1. Place all ingredients in a high-powered blender (such as a VitaMix). Slowly blend for one minute. Turn the dial up to high, and continue to blend for 1-2 minutes or until smooth and creamy.
2. Store in the refrigerator. Sauce may separate. Stir and it's as good as new.

#### Notes

Side note:

- Nutritional Yeast and Bragg Liquid Aminos can be found at Whole Foods. If you're not vegan, the ingredients may seem like a bit of an investment. But let me tell you, it's one worth making.
  - 2 tablespoons = 1/8 cup (If you happen to have one of those laying around.)
  - Although I haven't tried it, I think a food processor will work to make this sauce.
  - This sauce doesn't last long enough in my fridge to figure out its shelf life.
  - If you're stopping through San Diego, you must give the real deal a try. It just might revolutionize your life.
- Word on the street&mdash;they may start shipping soon

Bitchin' Sauce (Chipotle)  
makes about 2 cups

1 chipotle in adobe sauce, canned  
1/4 c. onion  
1 tsp. vinegar

1. Add the ingredients above to the Original Recipe.
2. Blend.

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3. Enjoy over a Bitchin' Bowl..

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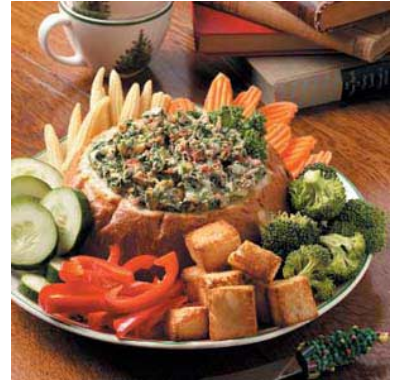
### Cheesy Baked Spinach Dip

#### Description

The dip can be made ahead and chilled. Place in the bread shell and bake just before company arrives.&mdash;

#### Ingredients

- 16 oz cream cheese softened
- 1 cup mayonaise
- 10 oz frozen chopped spinach thawed and squeezed dry
- 4 oz shredded cheddar cheese
- 1 lb bacon, cooked and crumbled
- 1/4 cup finely chopped onion
- 1 tbsp dill weed
- 2 clove garlic finely minced
- 1 Round loaf sourdough bread



#### Instructions

In a large bowl, beat cream cheese and mayonnaise until blended. Stir in the spinach, cheese, bacon, onion, dill and garlic; set aside.

Cut a 1-1/2-in. slice off top of bread; set aside. Carefully hollow out bottom, leaving a 1/2-in. shell. Cube removed bread and place on a baking sheet. Broil 3-4 in. from the heat for 1-2 minutes or until golden brown; set aside.

Fill bread shell with spinach dip; replace top. Place any dip that doesn't fit in shell in a greased baking dish. Wrap bread in heavy-duty foil; place on a baking sheet.

Bake at 350° for 1 hour or until dip is heated through.

Cover and bake additional dip for 40-45 minutes or until heated through. Open foil carefully.

Serve dip warm with vegetables and reserved bread cubes. Yield: 4 cups.

#### Notes

Fat-free cream cheese and mayonnaise are not recommended for this recipe.

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### Hot Reuben Dip

**Source:** closet cooking

#### Description

A hot cheese based dip with all of the flavours of a reuben sandwich with corned beef, sauerkraut, swiss cheese and Russian dressing. Serve with toasted dark rye for dipping to complete the reuben sandwich flavours.

#### Ingredients

- 1/2 cup Mayonnaise
- 1/2 cups Thousand Island Dressing
- 16 oz sauerkraut, rinsed and squeezed dry
- 8 oz shredded corned beef
- 8 oz grated swiss cheese
- 8 oz mozzarella cheese grated



#### Instructions

Preheat oven to 350 degrees.

In a small bowl, combine mayonnaise and dressing.

Spread sauerkraut into a 9x13-inch baking dish.

Layer corned beef, Swiss cheese, and the mayonnaise-dressing mixture on top of the sauerkraut.

Bake for 20 to 25 minutes..

#### Notes

Serve with Party Rye bread and Triscuits

Keep dish hot!

Can spread Jack Daniels Dijon Mustard over the corned beef for a little kick.

Can make in two small dishes - cook 1 first. Heat or freeze second.

## Dips

### Italian Corn Salsa

#### Description

I always make this the day before we want to serve it and let it marinate overnight in the refrigerator. This is one of those dips that gets better the longer it sits. Serve the dip with your favorite chips; we prefer tortilla chips or scoops.

#### Ingredients

- 11 oz frozen corn thawed
- 1 tomato diced or rotel
- 2 cup cheddar cheese shredded
- 4 oz sliced black olives
- 1 cup italian dressing

#### Instructions

Combine all ingredients in medium bowl. Refrigerate 2 hours up to overnight. Serve with tortilla chips or Fritos.



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### Roasted Red Pepper Dip

#### Description

Excellent with bread, vegetables, chips or crackers!

#### Ingredients

- 1 jars large Jar roasted red peppers, drained and blotted dry
- 2 cloves garlic
- 1/4 cup breadcrumbs
- 1/4 cup plain yogurt
- 1 tbsp red wine vinegar
- 2 tsp olive oil
- 1/8 tsp salt
- 1/8 tsp chipotle hot sauce

#### Instructions

Place peppers, onion, and garlic in a food processor; process until finely chopped.

Add remaining ingredients; process until smooth. Serve with pita chips.

