

Cheesy Vegetable Dip

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 15 minutes

Makes: 7 cups

CChints: The traditional spicy cheese dip has been around for years, but this recipe adds a few optional twists to keep the flavor and allow you to adjust the amount of spice. You will want to select a vegetable that will be small enough to just be a hint of vegetable and still fit on chips or crackers. We used a 14 ounce can tomatoes and green chilies and a 10 ounce can version of a spicy version but drained off the liquid which contains a lot of heat. You can also add the optional sausage and control the spicy flavor by the kind you use. This dip is best served warm so it stays soft. We recommend serving it in a warming bowl to keep it warm but not hot enough to burn it.



1 pound Light Velveeta® Cheese, cubed

4 tablespoons Half and Half

14 ounce can diced tomatoes with green chilies, undrained

10 ounce can Rotel® Diced Tomatoes with Green Chillies, MILD, well drained

1 cup diced asparagus or broccoli flowers, or 2 cups of torn fresh spinach leaves

Optional: 1 pound turkey breakfast sausage and 1 medium yellow onion, diced

Serve with tortilla or corn chips

Garnish with 1 chopped green onion, green part only

Add cheese to the pan over medium-low heat. Stir occasionally until the cheese begins to melt. Press the back side of a spoon against the side of the pan to press out pumps in the cheese. When it is half melted stir in the half and half and tomatoes and blend until thoroughly melted. Blend in the vegetables. Remove from the heat and cook the sausage and onions. Or if you are not using the sausage and onions, continue to heat thoroughly for about 5 minutes.

Add sausage and onions to a large non-stick pan over medium heat. Crumble and brown the sausage. Drain on paper towels and after 5 minutes add to the cheese dip.

Carefully transfer the dip to your warming bowl and sprinkle with green onions. Pour the chips into a bowl and set it beside the warm dip. Guests can to put chips on a plate and spoon cheese over the top.

Enjoy!