



## southwest dip cups;

1. (sow'th-whest deep khupz)  
*noun.* Bite-sized crunchy cups filled with a southwestern vegetable dip.
2. Produces 10 Servings.
3. Preparation 35 mins.
4. Oven temperature set to 350.

## Ingredients;

*Wonton Cups*  
spray cooking oil  
12 wonton wrappers

*Southwest Dip*  
1 c. frozen corn  
¼ c. red bell pepper, chopped  
¼ c. black beans  
¼ c. pinto beans  
2 tsp. cumin  
2 tsp. chili powder  
salt & pepper

## Instructions;

### *Wonton Cups*

1. Spray the cavities of a mini-muffin tin. Cut each wonton wrapper into quarters for 4 equal-sized squares from each wrapper.
2. Lay a square across the opening of mini-muffin tin cavity, then lay another over top at a slightly angle (so the corners don't line up).
3. Spray with cooking oil, and press into the cavity to form a cup. Bake for 5-10 minutes or until browned. Then remove and let cool.

### *Southwest Dip*

4. Chop red bell pepper, and drain beans. Add a splash of oil to a pan over medium heat, then add vegetables and sauté 2-3 minutes.
5. Season with cumin, chili powder, and salt and pepper to taste. Cook for another 5-7 minutes or until heated through and fragrant.
6. Fill cooled wonton cups with individual portions of dip.