

Layered Taco Dip [adapted from [The Food Network](#)]

<http://pajamachef.wordpress.com/2010/11/17/layered-taco-dip/>

Ingredients:

- olive oil
- 2 cloves garlic, diced
- 1 15 ounce can black beans, rinsed and drained
- hot sauce
- ~2 tablespoons water
- 1 cup cheddar cheese [shred your own! it's better!]
- 1 large avocado
- garlic powder
- cayenne pepper
- kosher salt
- ~1 teaspoon lime juice
- 4 green onions, diced
- slightly under 1 cup sour cream
- dried cilantro [or fresh]
- 2 cups romaine lettuce, chopped
- 1 large tomato, diced

Directions:

Heat a little olive oil in a skillet over medium heat. Add garlic, black beans, and hot sauce to the pan and heat for about 3 minutes, or until fragrant. Remove from heat, add about 2 tablespoons of water and mash with a fork or potato masher. Don't worry about getting them completely smooth, just mostly. Spread in the bottom of a 1 quart bowl and top with cheese.

Then, halve and pit the avocado and use a spoon to scoop out the meat. Place in a bowl, and add the lime juice and a sprinkle of garlic powder, cayenne pepper, and kosher salt to taste. Use a fork to mash and combine ingredients, then spread over the cheese.

In a small bowl, combine the sour cream, 3/4 of the green onion, a few dashes of dried cilantro, and a dash of hot sauce. Whip together with a spatula, then spoon out over the avocado. Place lettuce and tomatoes on top, and sprinkle with remaining onion and a pinch of cilantro, garlic powder, and cayenne pepper.

Serve with tortilla chips. Since this dish includes avocados [which turn brown when exposed to oxygen], it's best eaten the day it's made, at least for presentation's sake.

Copyright by Sarah Keil at The Pajama Chef © 2010 to present. All content, photos, and/or text belong to me, unless otherwise stated. Please do not reproduce without prior written consent. Feel free to use the recipes with noted credit linked back to this blog. Thanks for understanding! Email me: pajamachef@gmail.com.