



Slow Cooker Frijoles Negros with Rice

Prep: 30 minutes

Slow Cook: 4½ hours • Serves: 8

- 1 bag (16 ounces) dried black beans
- 1 can (4 ounces) Schnucks diced mild green chiles
- 1 carton (32 ounces) Progresso® reduced-sodium chicken broth (4 cups)
- 1 packet (1.25 ounces) Schnucks taco seasoning mix
- 4 garlic cloves, crushed with press
- 1 medium red onion, chopped (about 1 cup)
- 2 cups long-grain white rice
- 1 lime
- ¼ cup chopped fresh cilantro leaves plus additional for garnish (optional)

1. In colander, rinse beans with cold water; discard any shriveled beans. In large saucepot, add beans and enough water to cover by 2 inches; heat to boiling over high heat. Reduce heat to medium-low; cover and cook 25 minutes, stirring occasionally. Drain beans.

2. In 5- to 6-quart slow cooker, combine beans, undrained chiles, broth, taco seasoning, garlic and onion. Cover with lid and cook on high 4½ to 5 hours or on low 9 to 10 hours or until beans are tender.

3. Meanwhile, prepare rice as label directs.

4. Just before serving, from lime, squeeze 1 tablespoon juice. Stir cilantro and lime juice into beans. Serve beans over rice sprinkled with additional cilantro, if desired. Makes about 7 cups beans and 4 cups rice.

Each serving: about 386 calories, 1 g total fat (1 g saturated), 0 mg cholesterol, 351 mg sodium, 76 g carbohydrate, 10 g fiber, 18 g protein

> Cook's Wisdom

Beans may be soaked overnight instead of precooking in step 1. In large bowl, add beans and enough cold water to cover by 2 inches. Let beans stand at room temperature overnight; rinse with cool water and drain.

Chile con Queso

Prep: 10 minutes

Cook: 10 minutes • Makes: about 6 cups

- 2 tablespoons Schnucks unsalted butter
- 1 jalapeño chile pepper, seeded and minced
- 1 poblano chile pepper, finely diced
- 1 small onion, chopped (about ¾ cup)
- 2 large garlic cloves, minced
- 2 tablespoons Schnucks all-purpose flour
- 1 teaspoon Schnucks ground cumin
- ¾ cup Schnucks vitamin D whole milk
- 1 package (16 ounces) Schnucks Monterey Jack cheese, shredded (do not use pre-shredded cheese)
- ½ (16-ounce) package pasteurized prepared cheese product (Velveeta), cut into ½-inch pieces
- 1 cup canned Schnucks petite diced tomatoes with green chiles, well drained
- Schnucks tortilla chips or corn chips

1. In 3-quart saucepan, melt butter over medium heat. Add jalapeño and poblano chile peppers and onion and cook, covered, 5 to 7 minutes or until tender, stirring occasionally. Stir in garlic and cook, uncovered, 1 minute, stirring constantly. Add flour and cumin and cook 30 seconds, stirring.

2. Add milk to saucepan and heat to boiling, stirring frequently with whisk until mixture thickens. Reduce heat to medium-low; add cheeses, about ¼ cup at a time and whisking after each addition until cheese melts. Stir in tomatoes. Transfer dip to small chafing dish or slow cooker on warm setting. Serve with chips.

Each tablespoon dip: about 30 calories, 2 g total fat (1 g saturated), 7 mg cholesterol, 70 mg sodium, 1 g carbohydrate, 1 g fiber, 2 g protein

> Cook's Wisdom

As the jalapeño membranes contain most of the chile's heat, you may choose to leave some intact depending on how spicy you prefer your queso.

