

# Roasted Pepper Cheese Dip

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**Servings: 12**

**Yield: 6 cups**

8 ounces medium salsa  
1/2 cup sour cream  
1 tablespoon ground cumin  
1 tablespoon chili powder  
2 pounds American processed cheese product (such as Velveeta) or Mexican melting cheese, cubed  
1 red bell pepper  
1 Anaheim chile  
1 poblano pepper  
3 jalapeno peppers

In a two-quart saucepan, combine the salsa, sour cream, cumin, chili powder and cheese. Heat over medium heat until the cheese is melted, stirring frequently.

Cut the peppers into halves lengthwise; remove the seeds and stems. Place the peppers, cut sides down, on a baking sheet. Broil until charred. Place in a zip-top plastic bag and let cool slightly. Peel. Place the peppers in a bowl of a food processor and pulse until puree'd. Add the puree' to the cheese mixture and heat.

Serve with tortilla chips.

*Cheese dip is best made with a processed cheese such as Velveeta. Don't try to get fancy with with other expensive cheese, they'll most likely clump and be grainy.*

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Per Serving (excluding unknown items): 30 Calories; 2g Fat (63.1% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 13mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	30
% Calories from Fat:	63.1%
% Calories from Carbohydrates:	28.2%
% Calories from Protein:	8.6%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	4mg
Carbohydrate (g):	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

## Food Exchanges

