

## Dips

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# Creamy Enchilada Dip

*This dip tastes like red enchilada sauce and is best with salty potato chips. You can make it ahead and store it, covered, in the refrigerator for up to one week. It's also great as a sauce for pasta, shrimp or chicken.*

**8 dried mild chiles (about 2 oz), seeded and deveined**  
**2 tablespoons canola oil**  
**1 large yellow onion, halved and thinly sliced**  
**2 garlic cloves, minced**  
**1 1/2 cups lower sodium chicken or vegetable broth**  
**1 teaspoon dried oregano**  
**1 teaspoon ground cumin**  
**1/2 teaspoon salt**  
**1/2 cup sour cream**  
**1 tablespoon honey**

Break chiles into large pieces; toast in a large dry skillet over medium heat, stirring constantly, about 2 minutes or until fragrant. Transfer to a plate.

Add oil to pan, reduce heat and add onion. Cook, stirring occasionally, about 10 minutes or until golden.

Add garlic; cook 20 seconds. Add broth and scrape pan to loosen browned bits.

Stir in chiles, oregano, cumin and salt; bring to a simmer. Cover, reduce heat and cook about 15 minutes or until chiles are very soft.

Pour mixture into a blender; cool 15 minutes. Process until smooth. Scrape into a bowl and refrigerate. When cool, cover with plastic wrap.

Just before serving, add sour cream and honey and stir with a whisk.

Yield: 2 Cups

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Per Serving (excluding unknown items): 615 Calories; 52g Fat (73.8% calories from fat); 6g Protein; 36g Carbohydrate; 3g Dietary Fiber; 51mg Cholesterol; 1136mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 10 1/2 Fat; 1 Other Carbohydrates.