



Taco Dip ala Liz Allen

- 1 can bean dip
- 3 avocados, grind up in quick chef pro
- 1 carton (16oz) sour cream
- 1 packet taco seasoning
- 1 cup freshly shredded cheese (either Colby or Cheddar)
- 4-5 green onions chopped
- 1 cup chopped Grape tomatoes
- Small bunch cilantro

1. Use the **Tupperware Can Opener** to open the Bean Dip. Spread it evenly on the bottom of the **Round Container** with a **Spatula**.
 2. Take 3 avocados and after removing the shell and pit add them to the **Power Chef**. Give it a quick pull to make it smooth. Then spread over the Bean Dip layer with the **Spatula**.
 3. Combine the Sour Cream with 1 packet taco seasoning then spread that over the avocado layer.
 4. Shred the cheese in the **Grate Master Shredder** and reserve 1 **cup** to sprinkle over the sour cream mixture. The rest can be stored in a **Freezer Mate** for about a week in your refrigerator.
 5. Chop up 4-5 Green Onions using the **Chop n Prep** and sprinkle it over the cheese. Store any remaining in the **FridgeSmart**.
 6. After chopping up the tomatoes with the Chef Knife sprinkle that over the onions.
- Serve with tortilla chips!



Black Bean Salsa

- 15 oz Can Black Beans Drained
- 1 cup Corn
- 1 can Diced Tomatoes
- ½ cup Cilantro
- ¼ cup Red onion
- 1 clove Garlic
- Juice of one Lemon AND Lime
- 1 tsp Chili Powder
- Salt & Pepper to taste

1. Use the **Tupperware Can Opener** to open the Tomatoes and Beans. Rinse the beans in the **Double Colander**, then place both in a **Impressions Medium Bowl** Toss well to combine.
2. In base of **Power Chef**, with blade attachment, place cilantro, onion and garlic. Replace cover and pull cord until chopped.
3. Pour contents of the **Power Chef** into the **Impressions Medium Bowl** with the bean mixture and mix well. Add remaining ingredients. Serve immediately with chips or thicker sliced cucumbers or zucchini



Turkey & Black bean Chili

- 1 lb extra lean ground turkey (omit if wanting to make a Vegetarian version)
- 1 tbsp Chili Powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 small onion, chopped in Chop N Prep
- 14.5 oz can diced tomatoes
- 14.5 can chili beans
- Opt: 1 green pepper chopped

1. Combine ingredients in Pressure Cooker and gently stir
2. Seal and microwave on high power for 25 minutes
3. Remove from microwave and allow pressure to release naturally until indicator is fully lowered. Serve warm.

Note: This works well to divide into individual servings and freeze too!



Monday Feburay 1 at 7 pm: Follow your Heart Celebration. Bring a New and Clean White Pillow Case OR \$5 for a Canvas for this unique Celebration fo what we do in January event! We start with Yoga from our instructor Vicky owner of Soul Studio, recognition and drawing out our Dreams for 2020. Raffle and \$2 hollar as well!

Thursday Feburay 27 at 7 pm: Bingo – Three rounds: Free, \$10 with garunteed gift and a BIG Bingo

Monday March 2 at 7 pm: Luck of the IWISH Celebration - recognition of March, Raffle and \$2 hollar as well! More suprires to come!

**Studio Location: 7130 University Ave
Fridley MN**