

## CHEESE PUMPKIN DIP

- Non-stick cooking spray
- 1 can Cannelini beans, drained and rinsed
- 3/4 cups Pumpkin puree (fresh pumpkin roasted is tastier, canned is easier)
- 1 clove Garlic, minced
- Salt and pepper to taste
- 6 oz Cabot Pepper Jack shredded (about 3/4 cups)
- Sundried tomatoes, roma tomatoes, and/or green onions, for garnish
- Tortilla chips, carrot sticks, and celery sticks, for dipping

1. **PREHEAT** oven to 350°F. Spray six ramekins with non-stick cooking spray.
2. **COMBINE** cannellini beans, pumpkin, garlic, salt and pepper in food processor and puree until smooth.
3. **DIVIDE** mixture between the 6 ramekins. Sprinkle the cheese on top of the bean and pumpkin mixture and stir to incorporate the cheese throughout. Sprinkle top with diced sundried tomatoes, if using.
4. **BAKE** for 15 minutes or until bubbling and heated throughout. Garnish with tomatoes and/or green onion, if using. Serve with chips and veggies to dip.

### ADDITIONAL INFORMATION

#### Ingredients

[1 can Cannelini beans, drained and rinsed](#), [1 clove garlic minced](#), [1S cups Pumpkin puree \(fresh pumpkin roasted is tastier, canned is easier\)](#), [6 oz Cabot Pepper Jack shredded \(about 1S cups\)](#), [Non-stick cooking spray](#), [Salt and pepper to taste](#), [Sundried tomatoes, roma tomatoes, and/or green onions, for garnish](#), [Tortilla chips, carrot sticks, and celery sticks, for dipping](#)

#### Course

[Starters](#)

#### Cuisine

[American](#), [Seasonal Fall](#)

**Category**

[Dips, Vegetarian](#)

**Serving Size**

6