

Amazing No Cook Spinach Artichoke Dip

Savannah · 28/09/2024



Prep Time

32

Difficult

Medium

Servings

32 servings

Description

This dip was the result of endless combinations to try to come up with some dip that I didnt have to cook for work Serve immediately or it is even better if you leave it in the refrigerator overnight Store in nonmetallic airtight container The only kitchen utensil you need is a food processor Best with pita chips crostini or some kind of chip with less salt

Ingredients

- - 1 sweet onion
- cut into quarters - 8 cloves garlic
- or more to taste - 1 (14 ounce) can artichoke hearts
- drained and chopped - 1 (10 ounce) package frozen chopped spinach
- thawed and drained - 1 (8 ounce) package shredded Parmesan cheese - 1 (1.4 ounce) package dry vegetable soup mix (such as Knorr®) - 1 (8 ounce) package reduced-fat cream cheese
- softened - 1 cup reduced-fat mayonnaise - 1 (8 ounce) container reduced-fat sour cream

Instructions

1. Blend onion and garlic in a food processor until finely chopped. Add artichoke hearts; process until chopped. Add spinach
2. Parmesan cheese
3. and vegetable soup mix; process until well incorporated. Transfer mixture to a nonmetallic bowl. Blend cream cheese
4. mayonnaise
5. and sour cream in the food processor until smooth; stir into artichoke mixture.