

# Beef Cheese Dip

*Cheri Meiser*

*Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa*

*2 cartons (8 ounce ea)  
cream cheese, softened  
1/2 cup zesty Italian  
dressing  
1 medium onion, chopped  
1 package (3 ounce)  
chipped beef, shredded  
1 teaspoon garlic salt  
nuts*

In a bowl, mix the cream cheese, dressing, onion, chipped beef and garlic salt. Form into a ball. Roll in the nuts.

Serve with crackers.

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Per Serving (excluding unknown items): 2040 Calories; 171g Fat (74.9% calories from fat); 102g Protein; 26g Carbohydrate; 3g Dietary Fiber; 607mg Cholesterol; 11181mg Sodium. Exchanges: 14 1/2 Lean Meat; 1 1/2 Vegetable; 29 1/2 Fat; 0 Other Carbohydrates.