

Appetizers

Cowboy Beef Dip

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Taste of Home Recipe Book 2015

Preparation Time: 20 minutes

Cook Time: 25 minutes

1 pound ground beef
4 tablespoons chopped onion, divided
3 tablespoons chopped sweet red pepper, divided
4 tablespoons chopped green pepper, divided
1 can (10.75 ounce) condensed nacho cheese soup, undiluted
1/2 cup salsa
4 tablespoons sliced ripe olives, divided
4 tablespoons sliced pimiento-stuffed olives, divided
2 tablespoons chopped green chilies
1 teaspoon chopped jalapeno pepper, seeded
1/4 teaspoon dried oregano
1/4 teaspoon pepper
1/4 cup shredded cheddar cheese
2 tablespoons sour cream
2 to 3 teaspoons minced fresh parsley
tortilla chips

In a large skillet, cook the beef, three tablespoons of onion, two tablespoons of the red pepper and one tablespoon of the green pepper over medium heat until the meat is no longer pink. Drain.

Stir in the soup, salsa, three tablespoons of ripe olives, three tablespoons of pimiento-stuffed olives, chilies, jalapeno, oregano and pepper. Bring to a boil. Reduce the heat. Simmer, uncovered, for 5 minutes.

Transfer to a serving dish. Top with the cheese, sour cream and parsley. Sprinkle with the remaining onion, peppers and olives.

Serve with tortilla chips.

Yield: 3 cups

Per Serving (excluding unknown items): 1690 Calories; 137g Fat (73.2% calories from fat); 89g Protein; 24g Carbohydrate; 8g Dietary Fiber; 428mg Cholesterol; 1131mg Sodium. Exchanges: 0 Grain(Starch); 12 Lean Meat; 3 1/2 Vegetable; 0 Non-Fat Milk; 20 1/2 Fat.