

Dandy Dip

Betty Muskoski

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*1/2 cup smoked sliced beef
2 tablespoons onion, grated
1/2 teaspoon pepper
1/4 cup horseradish
1/2 teaspoon salt
1 cup sour cream*

Break up the beef into a bowl.

Add the onion, pepper, horseradish, salt and sour cream. Blend well.

Chill.

Serve with potato chips, pretzels, crackers or tiny puff cases.

Per Serving (excluding unknown items): 530 Calories; 48g Fat (79.8% calories from fat); 9g Protein; 19g Carbohydrate; 2g Dietary Fiber; 102mg Cholesterol; 1259mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 9 1/2 Fat; 1/2 Other Carbohydrates.