

Mexican Dip

Karen Seelow

Silverdale Chamber Of Commerce Favorite Recipes - 1991

*1 pound hamburger, fried
and drained
1/2 package taco seasoning
mix
1 can refried beans
8 ounces sour cream
1/2 bottle green taco sauce
grated cheese*

Preheat the oven to 350 degrees.

In a bowl, mix together the hamburger, taco seasoning mix and refried beans.

Place the mixture into a 13x9-inch dish.

In a bowl, mix the sour cream and taco sauce together. Pour over the meat mixture.

Top with the grated cheese..

Bake, covered, for 15 minutes.

Uncover and bake for an additional 10 minutes.

Serve with taco chips.

Per Serving (excluding unknown items): 2192 Calories; 110g Fat (44.6% calories from fat); 86g Protein; 220g Carbohydrate; 15g Dietary Fiber; 278mg Cholesterol; 4310mg Sodium. Exchanges: 13 Grain(Starch); 4 1/2 Lean Meat; 1/2 Non-Fat Milk; 18 1/2 Fat; 1/2 Other Carbohydrates.