

# Mexican Hot Bean Dip

Connie Jacobsen

Silverdale Chamber Of Commerce Favorite Recipes - 1991

*1 can (30 ounces) pork and  
beans (3 cups)  
1/2 cup grated cheddar  
cheese  
1 teaspoon garlic salt  
1 teaspoon chili powder  
1/2 teaspoon salt  
dash cayenne pepper  
1/2 teaspoon liquid smoke  
flavoring  
2 teaspoons Worcestershire  
sauce*

Place all of the ingredients in the bowl of a  
blender.

Pulse until the mixture is "mushy".

Place the mixture in the upper part of a double  
boiler until it "blurps".

Place in a fondue pot or small slow cooker to  
keep warm.

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Per Serving (excluding unknown  
items): 249 Calories; 19g Fat  
(68.8% calories from fat); 15g  
Protein; 5g Carbohydrate; 2g  
Dietary Fiber; 60mg Cholesterol;  
3599mg Sodium. Exchanges: 0  
Grain(Starch); 2 Lean Meat; 2 1/2  
Fat; 0 Other Carbohydrates.