
Mexican Layer Dip

Sheila F - Crown City, OH

Taste of Home Magazine

Start to Finish Time: 40 minutes

1 pound ground beef
1 medium onion, chopped and divided
1 can (15 ounce) tomato sauce
2 teaspoons sugar
1 teaspoon chili powder
1/8 teaspoon salt
1/8 teaspoon pepper
1 can (16 ounce) refried beans
2 medium tomatoes, seeded and chopped
1 small green pepper, finely chopped
2 cups sour cream
3 cups shredded Mexican cheese blend
chopped green onions (optional)
chopped tomatoes (optional)
corn chips

In a large skillet, cook the beef and half of the onion over medium heat until the meat is no longer pink. Drain.

Stir in the tomato sauce, sugar, chili powder, salt and pepper. Bring to a boil. Reduce the heat. Simmer, uncovered, until thickened, about 20 minutes.

Spread the refried beans into a 13x9-inch dish. Top with the beef mixture, tomatoes, green pepper and remaining onion.

Layer with sour cream and cheese, if desired. Top the dip with chopped green onions and chopped tomatoes.

Serve with chips.

Yield: 8 cups

Appetizers

Per Serving (excluding unknown items): 2904 Calories; 222g Fat (67.9% calories from fat); 114g Protein; 122g Carbohydrate; 25g Dietary Fiber; 590mg Cholesterol; 3418mg Sodium. Exchanges: 3 Grain(Starch); 11 Lean Meat; 8 Vegetable; 1 1/2 Non-Fat Milk; 37 1/2 Fat; 1/2 Other Carbohydrates.