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# Nacho Dip

*Ethel Vander Weidele*

*Nettles Island Cooking in Paradise - 2014*

**1 1/2 pounds ground beef**  
**2 cans (16 ounce ea) refried beans**  
**1 can (16 ounce) chili without beans**  
**1 package (16 ounce) shredded Cheddar cheese**  
**1 can (16 ounce) chili with beans, chopped**  
**1 cup ketchup**  
**Lawry's garlic salt (to taste)**  
**salt (to taste)**  
**pepper (to taste)**

In a skillet, brown the ground beef and onion. Drain.

Add the refried beans, chili without beans, chili with beans, ketchup, seasoned salt, salt and pepper.

In a slow cooker, combine the meat mixture and the beans mixture. Mix well.

Heat on LOW for one hour'

Serve with tortilla service.

## **Appetizers**

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*Per Serving (excluding unknown items): 3357 Calories; 224g Fat (60.0% calories from fat); 176g Protein; 160g Carbohydrate; 30g Dietary Fiber; 697mg Cholesterol; 6156mg Sodium. Exchanges: 6 Grain(Starch); 20 1/2 Lean Meat; 32 Fat; 4 1/2 Other Carbohydrates.*