

# Sombrero Dip

Stacey Heyde

*Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa*

*1/2 pound ground beef  
1/4 cup onion, chopped  
1/4 cup catsup  
dash hot sauce  
1 1/2 teaspoons chili  
powder  
1/2 teaspoon salt  
1 can (18 ounce) red kidney  
beans, undrained*

In a skillet, brown the beef and onions. Drain the excess grease.

Add the catsup, hot sauce, chili powder, salt and kidney beans. Bring to a boil. Simmer for 10 to 20 minutes.

Serve hot.

(Can be topped with diced tomatoes, stuffed olives, grated cheese or diced green pepper.)

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Per Serving (excluding unknown items): 1413 Calories; 63g Fat (39.7% calories from fat); 81g Protein; 135g Carbohydrate; 31g Dietary Fiber; 193mg Cholesterol; 1993mg Sodium. Exchanges: 7 1/2 Grain(Starch); 8 1/2 Lean Meat; 1/2 Vegetable; 9 Fat; 1 Other Carbohydrates.