

Appetizers

Southwestern Bean Dip

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Taste of Home Recipe Book 2015

Preparation Time: 20 minutes

Bake Time: 30 minutes

2 pounds ground beef

1 tablespoon minced onion

1 can (8 ounce) tomato sauce

1 can (16 ounce) kidney beans, rinsed and drained

1 can (16 ounce) chili beans, undrained

4 cups (16 ounce) shredded cheddar cheese

tortilla chips

Preheat the oven to 350 degrees.

In a large skillet, cook the beef over medium heat until no longer pink. Drain. Transfer to a bowl. Add the onion. Mash with a fork until crumbly. Set aside.

In a blender, process the tomato sauce and beans until chunky. Add to the beef mixture. Mix well. Spoon half into a greased 13x9-inch baking dish. Top with half of the cheese. Repeat the layers.

Bake, uncovered, for 30 minutes or until the cheese is melted. Serve warm with chips.

Yield: 9 cups

Per Serving (excluding unknown items): 5324 Calories; 393g Fat (66.5% calories from fat); 310g Protein; 135g Carbohydrate; 49g Dietary Fiber; 1246mg Cholesterol; 4949mg Sodium. Exchanges: 7 1/2 Grain(Starch); 41 Lean Meat; 3 Vegetable; 56 Fat.