

Stout and Cheddar Fondue Dip

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*12 ounces Irish cheddar cheese,
shredded*
*4 ounces processed cheese (Velveeta),
cubed*
1 tablespoon cornstarch
1 tablespoon mustard powder
1 cup stout beer
1 teaspoon Worcestershire sauce

In a bowl, toss the Irish cheddar and processed cheeses with the cornstarch and mustard powder.

In a saucepan, bring the stout beer to a simmer. Gradually whisk in the cheeses until melted.

Stir in the Worcestershire sauce.

Serve in a fondue pot.

Per Serving (excluding unknown items): 55 Calories; 1g Fat (21.6% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 50mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.