

Taco Dip IV

Carolyn Sheek - Haines City, FL
Treasure Classics - National LP Gas Association - 1985

Yield: 12 to 15 servings

*1 pound ground beef
1 can (16 ounce) refried
beans (with or without
chilies)
1 small onion, chopped
1 jar (8 ounce) hot or mild
taco sauce
3/4 cup grated medium
cheddar cheese*

Preparation Time: 20 minutes

Bake Time: 10 minutes

In a skillet, brown the ground beef and drain.

Grease an 8x8x2-inch casserole dish with cooking spray.

Spread the refried beans in the bottom of the dish. Top with the browned ground beef and onion. Place the taco sauce over the top. Spread cheese over the taco sauce.

Bake in a moderate 350 degree oven for 10 minutes.

Serve hot with tortilla chips.

Per Serving (excluding unknown items): 1449 Calories; 121g Fat (75.9% calories from fat); 77g Protein; 9g Carbohydrate; 2g Dietary Fiber; 386mg Cholesterol; 312mg Sodium. Exchanges: 11 Lean Meat; 1 1/2 Vegetable; 18 Fat.