
Texas Frito Dip (Hot)

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Party Recipes from the Charleston Junior League - 1993

Servings: 25

This ia a "heavy" hors d'oeuvre - great for Super Bowl parties, tailgate parties and other informal gatherings.

1 pound ground beef

6 cups onion, chopped

2 bottles hot ketchup

4 tablespoons chili powder

4 cups grated Cheddar cheese

In a large heavy frying pan over medium heat, brown the ground beef and two cups of the onions until the meat is cooked through and the onion is soft, about 10 minutes. Drain off the fat.

Stir the ketchup and chili powder into the beef and onion mixture. Mix well. Cook over medium-low heat until thickened, about 10 minutes.

Transfer to a serving dish or chafing dish and sprinkle the top with some of the remaining onion and some of the cheese. The rest of the onion and cheese can be placed in separate bowls for the guests to help themselves.

Serve the dip with large corn chips.

Appetizers

Per Serving (excluding unknown items): 148 Calories; 11g Fat (67.0% calories from fat); 8g Protein; 4g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 138mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.