

Appetizer

Velveeta Spicy Cheeseburger Dip

Sam's Club

Start to Finish Time: 10 minutes

- 1 pound (16 oz) Velveeta cheese, cut into 1/2-inch cubes**
- 1 can (10 oz) Ro-Tel diced tomatoes and green chilies, undrained**
- 1 cup low-moisture part-skim mozzarella cheese, shredded**
- 1/2 pound ground beef, cooked and drained**
- 4 green onions, sliced**

Mix all ingredients except the onions in a microwaveable bowl.

Microwave on HIGH for 5 minutes or until the Velveeta is melted, stirring after 3 minutes.

Stir in the onions.

Serve with tortilla chips.

Yield: 36 two tablespoon servings

Per Serving (excluding unknown items): 723 Calories; 60g Fat (75.9% calories from fat); 39g Protein; 4g Carbohydrate; 2g Dietary Fiber; 193mg Cholesterol; 164mg Sodium. Exchanges: 5 1/2 Lean Meat; 1 Vegetable; 9 Fat.