

Sombrero Spread

*Sherry Marr - Burke, VA
Southern Living - 1987 Annual Recipes*

Yield: 6 cups

*12 ounces Monterey Jack cheese
4 green onions, cut into one-inch pieces
1 large onion, quartered
1 1/2 pounds boneless round steak, cut into one-inch pieces
1 can (16 ounce) refried beans
1 can (4 ounce) chopped green chiles, undrained
1 jar (8 ounce) taco sauce
1 can (2-1/4 ounce) sliced ripe olives, drained*

Place the top cover on the bowl of a food processor. Cut the cheese to fit the food chute. Place the cheese in the chute. Shred using medium pressure with a food pusher. Set the cheese aside.

Place the green onions in the food processor bowl. Process until chopped. Set aside.

Add the onion quarters to the food processor bowl. Pulse two or three times or until coarsely chopped.

Add the meat to the processor bowl. Process until the meat is chopped. Transfer the meat mixture to a skillet.

Cook over medium heat until the meat is browned, stirring to crumble.

Preheat the oven to 400 degrees.

Spread the beans in a 12x8x2-inch baking dish. Layer the meat mixture, green chiles, cheese, taco sauce, green onions and olives evenly over the beans.

Bake for 20 minutes.

Serve the spread with corn chips.

Per Serving (excluding unknown items): 1625 Calories; 106g Fat (58.4% calories from fat); 102g Protein; 68g Carbohydrate; 18g Dietary Fiber; 303mg Cholesterol; 2977mg Sodium. Exchanges: 3 Grain(Starch); 11 1/2 Lean Meat; 3 1/2 Vegetable; 13 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1625	Vitamin B6 (mg):	.7mg
% Calories from Fat:	58.4%	Vitamin B12 (mcg):	2.8mcg
% Calories from Carbohydrates:	16.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	25.0%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	106g	Folacin (mcg):	344mcg
Saturated Fat (g):	66g	Niacin (mg):	3mg
Monounsaturated Fat (g):	31g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	303mg	% Refuse:	0.0%
Carbohydrate (g):	68g		
Dietary Fiber (g):	18g	Food Exchanges	
Protein (g):	102g	Grain (Starch):	3
Sodium (mg):	2977mg	Lean Meat:	11 1/2
Potassium (mg):	1805mg	Vegetable:	3 1/2
Calcium (mg):	2732mg	Fruit:	0
Iron (mg):	9mg	Non-Fat Milk:	0
Zinc (mg):	14mg	Fat:	13 1/2
Vitamin C (mg):	146mg	Other Carbohydrates:	0
Vitamin A (i.u.):	3832IU		
Vitamin A (r.e.):	1030RE		

Nutrition Facts

Amount Per Serving

Calories 1625 Calories from Fat: 948

% Daily Values*

Total Fat	106g	164%
Saturated Fat	66g	330%
Cholesterol	303mg	101%
Sodium	2977mg	124%
Total Carbohydrates	68g	23%
Dietary Fiber	18g	71%
Protein	102g	
Vitamin A		77%
Vitamin C		243%
Calcium		273%
Iron		48%

* Percent Daily Values are based on a 2000 calorie diet.