

Taco Dip

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*2 cans refried beans
2 fresh avocados, mashed
with salt and pepper
1 carton (8 ounce) sour
cream
1 envelope taco seasoning
mix
1/2 cup mayonnaise
1 cup green onion, chopped
3 tomatoes, cut up
1/2 cup black olives
1 cup shredded cheddar
cheese
1 cup lettuce, shredded*

In a bowl, mix together the sour cream, seasoning and mayonnaise.

On a serving dish, place a layer of refried beans and then a layer of avocado. Spread the sour cream mixture over the avocados.

Spread layers of green onion, tomatoes, black olives, cheddar cheese and shredded lettuce.

Serve. with tortilla chips.

Per Serving (excluding unknown items): 2575 Calories; 193g Fat (65.2% calories from fat); 77g Protein; 155g Carbohydrate; 39g Dietary Fiber; 259mg Cholesterol; 6567mg Sodium. Exchanges: 6 Grain(Starch); 4 Lean Meat; 5 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 24 Fat; 1 1/2 Other Carbohydrates.