

NACHO BEEF DIP

Total preparation and cooking time: 25 minutes

- 1 package (12 ounces) refrigerated fully-cooked ground beef crumbles
- 1 jar (15 ounces) prepared cheese dip
- 1/2 cup prepared mild *or* medium chunky salsa
- 1/2 small red bell pepper
- 2 green onions (optional)
- 1/4 cup sliced ripe olives (optional)
- Blue, yellow *and/or* white corn tortilla chips



1. OPEN the ground beef crumbles package using scissors. PLACE beef, cheese dip and salsa in a medium bowl. STIR with a rubber spatula to mix well.
2. POUR the ground beef mixture into a 9-inch microwave-safe pie plate, SCRAPING the bowl clean with rubber spatula.
3. **Adult help needed:** MICROWAVE, uncovered, on HIGH 3 minutes. **Careful! Pie plate will be very hot.** Using pot holders, STIR beef mixture carefully with rubber spatula. MICROWAVE, uncovered, on HIGH 2 to 5 minutes longer or until thoroughly heated.
4. **Adult help needed:** Meanwhile using a cutting board and a knife, carefully CHOP the bell pepper into 1/4-inch pieces. CUT the green onions crosswise into thin slices.
5. **Adult help needed:** **Careful! Pie plate will be very hot.** Using pot holders, REMOVE the pie plate from the microwave. STIR beef mixture carefully with rubber spatula. LET STAND 1 minute.
6. DECORATE the top of the beef mixture with the bell pepper, green onions and olives.
7. SERVE with tortilla chips for dipping.

Makes 8 servings.

Nutrition information per serving (excluding chips): 217 calories; 15 g protein; 5 g carbohydrate; 15 g fat; 798 mg sodium; 54 mg cholesterol; 2.1 mg niacin; 0.1 mg vitamin B₆; 1.0 mcg vitamin B₁₂; 1.5 mg iron; 2.8 mg zinc.

This recipe is an excellent source of protein, and a good source of niacin, vitamin B₁₂ and zinc.

You Will Need

scissors
set of measuring cups
spoon
can opener
strainer for olives
cutting board

sharp knife
medium bowl
rubber spatula
9-inch microwave-safe pie plate
pot holders
basket or bowl for chips