

Taco Tomato Dip

Courtesy of Carole's Creations

Prep Time: 25 minutes (+15 to thaw meat)

Cooking Time: 25 minutes

Makes: 3 cups

CChints: Buy lean ground beef, turkey and chicken when it is on sale. Brown it, crumbled and store divided into 1 pound freezer containers that you have labeled. It will cut 10-15 minutes off the cooking time of any recipe. Ranch Style® beans are called for because of their unique flavor.



1 pound lean ground beef, turkey or chicken

1/4 cup water

1 envelope Taco Seasoning, mild or regular

1/4 cup water

1/2 cup yellow onion, diced

14.5 ounce can Diced Tomatoes, not drained. If you like a spicy salad, use tomatoes with mild green chilies or jalapenos.

15 ounce can Ranch Style Beans, drained

Toppings:

1 cup shredded reduced fat cheddar cheese

1 small container reduced fat sour cream

1 can pitted black olives, drained

2 green onions, thinly sliced

Salt and pepper to taste

Scoop Chips

Optional toppings:

Reduced fat sour cream

1 diced avocado

1 – 2 sliced green onions

1/2 cup sliced black olives

Cooked Meat Frozen: Take a 1 pound container from the freezer. Take off the lid and cover container with a paper towel. Microwave at 50% power for 2 minutes and if it doesn't break up easily, do it again for another 2 minutes.

Uncooked Fresh Meat: Cook 1 pound of lean ground beef in a medium skillet over medium heat until done. Breaking up into pieces as it cooks. For easy clean up put a plastic grocery bag on the counter and lay a few layers of paper towels on it to drain the meat. When the meat is crumbled and browned, drain it on the paper towels.

Add the water to a 2.5 quart sauce pan over medium heat and stir in the taco seasoning. Add in the meat, onions through beans to the pan and stir. Throw away the plastic bag and paper towels. When the mixture begins to boil, reduce heat to a simmer for 25 minutes. Remove from heat and allow to cool slightly.

The dip can be left as it is or you can partially mash the ingredients to make it thicker. Use a potato masher and emersion blender to partially mash the ingredients.

Serve at any temperature. This dip is good cold or warm. Serve with chips and toppings.