

Cheesy Hamburger Dip

Let the party begin!



Level: Easy

Serves 7, 1/2 cup each

Kids' Tool Kit

Skillet
3-quart,
Casserole
dish
Wooden spoon
Knife
Measuring cup



Ingredients:

1/2 pound lean ground beef
1 pound processed cheese
(such as Velveeta™), diced
1 10-ounce can tomatoes with green
chilies (such as Rotel™), undrained



Directions:

Remember to wash your hands!

1. Brown ground beef and drain well.
2. In a large 3-quart glass casserole dish, combine beef, cheese and tomatoes.
3. Microwave 3 minutes on medium power, covered. Stir and microwave 3 more minutes on medium power. Uncover, stir and microwave until cheese is melted, about 3 more minutes, on medium.



Chef's Choice

Cheesy Hamburger Dip
Baked tortillas
Baby carrots



Helpful Hints: Cooking temperatures for cheese should be low to prevent stringiness and toughness. That's why melting the cheese on medium power in the microwave oven allows the dip to be smooth, creamy and have lots of flavor. If you don't have a microwave, you can melt the cheese in the top of a double boiler on the stove. Either way, remember to stir often to combine the ingredients for a delicious dip!



Safety Tip: Keep pot holders handy for kids! Melted cheese can burn young cooks' hands. To make using pot holders a habit, have a child use them to remove food from the microwave oven every time, whether the food is hot or not. Use two pot holders when removing this cheese dip from the microwave: Better to be safe and plan ahead than to grab a hot dish and burn your hands!

Nutrition Facts

Serving Size 1/2 cup (138g)
Servings Per Container 7

Amount Per Serving

Calories 260 Calories from Fat 150

% Daily Value*

Total Fat 17g 26%

Saturated Fat 10g 52%

Cholesterol 65mg 21%

Sodium 1160mg 48%

Total Carbohydrate 8g 3%

Dietary Fiber 0g 0%

Sugars 6g

Protein 17g

Vitamin A 20% • Vitamin C 4%

Calcium 30% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.