

Cheesy Hamburger Dip

Let the party begin!

7 servings

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:

1. Brown ground beef and drain well.
2. In a large 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.

Nutrition Facts: One 1/2 cup serving provides 260 calories, 17g total fat, 65mg cholesterol, 1160mg sodium, 8g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Cheesy Hamburger Dip
Baked Tortillas
Baby Carrots

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