

Taco Dip

by Matt Rich



Makes one small pan 11 x 7 or 8 or 9" round (about 12 servings) · 150 cal/serving

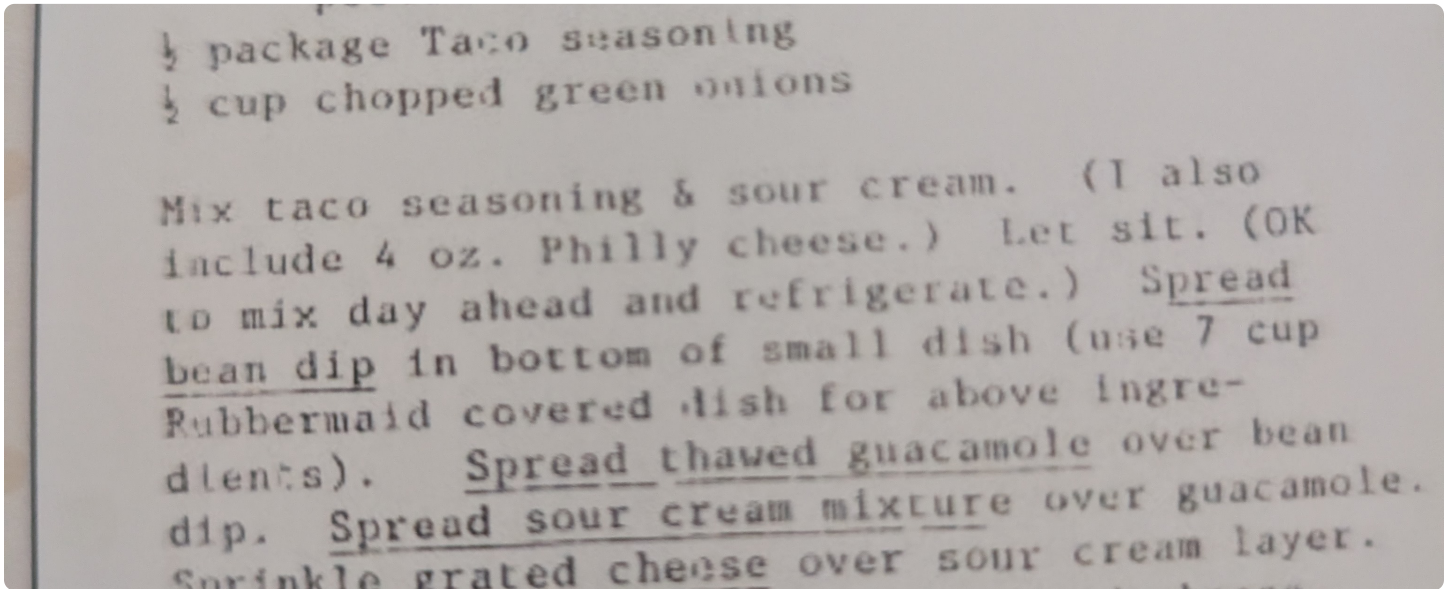
5g protein · 8g carbs · 11g fat

Nutrition info may be estimated by AI and might not be accurate.

appetizer

dip

mexican



Ingredients

- 1 can bean dip (Fritolay or any brand)
- 1 can frozen Calavo Mexican style frozen avocado guacamole - O'Malia's
- 1 cup sour cream
- 1 cup shredded cheddar cheese
- 1/2 cup chopped black olives (or use 1/2 can chopped ripe black olives)
- 1 cup chopped tomato (or 1 can drained peeled tomato bits)
- 1/2 package taco seasoning
- 1/2 cup chopped green onions

Steps

1. Mix taco seasoning & sour cream. (I also include 4 oz. Philly cheese.) Let sit. (OK to mix day ahead and refrigerate.)
2. Spread bean dip in bottom of small dish (use 7 cup Rubbermaid covered dish for above ingredients).
3. Spread thawed guacamole over bean dip.

4. Spread sour cream mixture over guacamole.
5. Sprinkle grated cheese over sour cream layer.
6. Sprinkle chopped olives over grated cheese.
7. Sprinkle chopped (or drained) tomatoes over chopped olives.
8. Top with 1/2 cup chopped green onions.
9. Cover and refrigerate. Serve with chips.