

“Not ‘Yo” Average Bean Dip

(gluten free, corn free)

Prep Time: 15 min.
Cook Time: 30 min.
Servings: 8 / 1/2 cup

Ingredients:

- **1 lb. ground meat of choice**
- **2 TPSP Southwest Seasoning Blend (in Food Breakthrough Cookbook) or taco seasoning**
- **1 15.4 oz can Refried Beans with green chiles**
- **8 oz. shredded Cheddar Cheese (dairy or plant-based)**
- **1 cup shredded lettuce**
- **1 diced tomato**
- **1 diced avocado**
- **3 TBSP salsa of choice**
- **Grain Free tortilla chips for dipping.**

Instructions:

1. Pre-heat oven to 350 degrees.
2. Brown hamburger with Southwest seasoning blend. (If you use really good quality meat, you should not need to drain any fat.)
3. While meat is browning, spread refried beans evenly into an oven-safe casserole dish. Layer the hamburger on top of the refried beans.
4. Cover with shredded cheese.
5. Bake for 20 minutes.
6. While the nacho bean mixture is cooking, cut up the above lettuce, tomatoes, and avocados.
7. Enjoy the dip by dishing up a portion onto plates and then scooping it up to eat with the chips.

