

## Hot 'n Cheesy Taco Dip

Cheesy beef taco meat gets topped with layers of fresh peppers, salsa, tomatoes and green onions in this fresh take on a taco dip. It's a great party snack!



**Prep Time** 25 min **Total Time** 25 min **Makes** 32 servings, 2 Tbsp. dip and 11 WHEAT THINS each.

### Ingredients

- 1 lb. lean ground beef
- 1 Tbsp. olive oil
- 1 can (8 oz.) tomato sauce
- 2 Tbsp. reduced-sodium taco seasoning mix
- 1 cup shredded pepper Jack cheese
- 1 cup salsa
- 6 assorted mini sweet peppers (green, orange, red and yellow), chopped
- 1 tomato, chopped
- 1 green onion, sliced
- WHEAT THINS Big Snacks

### Preparation

**Heat** oven to 375°F.

**Brown** meat in oil in large skillet; drain. Return meat to skillet.

**Add** tomato sauce and taco seasoning mix; mix well.

**Spoon** meat mixture into 1-qt. casserole dish sprayed with cooking spray.

**Sprinkle** with half of the cheese; top with salsa and remaining cheese.

**Bake** 8 to 10 min. or until cheese is melted. Remove dip from oven.

**Top** with peppers, tomatoes, and onions.

**Serve** with WHEAT THINS.

## **Tips**

### **Make Ahead**

Layer cooked meat mixture and all remaining ingredients except peppers, tomatoes, and onions in prepared casserole dish as directed. Refrigerate up to 24 hours. When ready to serve, bake dip in 375°F oven for 20 min. or until dip is heated through and cheese is melted. Continue as directed.

### **Substitute**

Substitute 1/2 cup chopped green, red and/or yellow bell peppers for the 6 chopped mini sweet peppers.

Top baked dip with your favorite taco toppings, such as guacamole, reduced-fat sour cream and/or sliced jalapeño peppers, in addition to the peppers, tomatoes, and onions.

### **Nutrition Notes**

Enjoy the great taste of eating well when you serve this hearty hot dip. As a bonus, the WHEAT THINS Snacks provide 21g of whole grains and a good source of fiber in each serving.

**Nutrition Information per Serving:** 140 Calories, 6g Total Fat, 1.5g Saturated Fat, 0g *Trans* Fat, 10mg Cholesterol, 280mg Sodium, 17g Total Carbohydrate, 2g Dietary Fiber, 4g Total Sugars (Includes 3g Added Sugars), 5g Protein, 0 %DV Vitamin D, 2 %DV Calcium, 6 %DV Iron, 4 %DV Potassium, 0 %DV Vitamin A, 8 %DV Vitamin C