

DENE

Cowboy Queso



Ingredients:

- 1 lb lean ground beef
- 1 Tbsp dried onion flakes
- 1 (15-oz) can chili beans, undrained
- 1 (15-oz) can black beans, rinsed and drained
- 1 (10-oz) can Rotel tomatoes, undrained
- 1 cup frozen corn , thawed
- ½ cup milk
- 1 Tbsp chili powder
- ½ tsp oregano
- ½ tsp hot sauce
- ¼ tsp garlic powder
- ¼ tsp cumin
- 1 (16-oz) package Velveeta cheese , cubed

Method, Slow Cooker:

1. In a large skillet, cook ground beef until no longer pink. Drain fat.
2. Place cooked beef in slow cooker. Add remaining ingredients and stir. Cook on LOW for 2 or 3 hours, until cheese is melted. Serve with chips.

Method, Microwave:

1. In a large skillet, cook ground beef until no longer pink. Drain fat.
2. Place beef in a large microwave safe bowl. Add remaining ingredients, stir. Microwave on HIGH for 4 minutes, stir. Microwave on HIGH for an additional 4 minutes, stir. Continue microwaving in 1 to 2 minute intervals until cheese is melted and dip is thoroughly heated. Serve immediately.

Method, Stovetop:

1. Brown the ground beef. Drain the fat. Add the remaining ingredients and cook on medium-low until melted.

Notes:

- Can substitute ground turkey or sausage for the ground beef.
- Feel free to use any beans you prefer. I used chili beans and black beans. This would also be good with kidney beans.

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- There is a small kick from the Rotel diced tomatoes and green chiles. Make sure to use a can of MILD Rotel if you have sensitivity to heat.