

# Beef it Up

We all Need



## NACHO BEEF DIP



Total preparation and cooking time: 35 minutes

### Before you start:

1. Wash your hands.
2. Gather your cooking supplies:
  - set of measuring cups
  - slotted spoon (spoon with holes in it)
  - can opener for olives
  - strainer for olives
  - cutting board
  - sharp knife
  - medium bowl
  - rubber spatula
  - nonstick skillet
  - 9-inch microwave-safe pie plate or baking dish
  - pot holders
  - basket or bowl for chips
3. Make sure you have all the ingredients.
  - 1 pound ground beef (95% lean)
  - 1 jar (15 ounces) prepared cheese dip
  - 1/2 cup prepared mild or medium chunky salsa
  - 1/2 small red bell pepper
  - 2 green onions (optional)
  - 1/4 cup sliced ripe olives (optional)
  - Blue, yellow and/or white corn tortilla chips

### Directions:

1. **Adult help may be needed:** **PLACE** the ground beef in a large nonstick skillet. **COOK** over medium heat 8 to 10 minutes or until beef is not pink, breaking it up into small crumbles with heat-safe, slotted spoon and stirring occasionally.
2. **Adult help may be needed:** *Careful! Pan will be very hot.* **REMOVE** the beef from the skillet with a slotted spoon and **PLACE** in a 9-inch microwave-safe round baking dish. **ADD** cheese dip and salsa. **STIR** carefully with a rubber spatula to mix well.
3. **Adult help may be needed:** **MICROWAVE**, uncovered, on **HIGH** 2 minutes. *Careful! Pie plate will be very hot.* Using pot holders, **STIR** beef mixture carefully with rubber spatula. **MICROWAVE**, uncovered, on **HIGH** 1 to 4 minutes longer or until heated all the way through.
4. **Adult help may be needed:** Meanwhile using a cutting board and a knife, carefully **CUT** the bell pepper into 1/4-inch pieces. **CUT** the green onions crosswise into thin slices.
5. **Adult help may be needed:** *Careful! Pie plate will be very hot.* Using pot holders, **REMOVE** the pie plate from the microwave. **STIR** beef mixture carefully with rubber spatula. **LET STAND** 1 minute.
6. **DECORATE** the top of the beef mixture with the bell pepper, green onions and olives, if desired.
7. **SERVE** with tortilla chips for dipping.

**Makes 8 servings.**

Nutritionals available on [www.zip4twins.com](http://www.zip4twins.com)

### We all Need ZIP

Zinc, Iron and Protein, that is!

These body-building nutrients are in some of your favorite foods, like burgers and steak. These nutrients help your body in many ways. For instance, zinc helps your body fight off colds; iron is key to brain development; and protein helps build muscle. Beef is also a great source of many important B-vitamins, which help unleash the energy in food.



