

7-Layer Mexican Dip

Yield: 40 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-five-layer-mexican-dip>

Ingredients:

- 2 pounds lean ground beef
- 2 packets taco seasoning mix 1 oz each
- 16 ounces refried beans
- 12 ounces sour cream
- 4 large avocados medium to
- 1/2 lime
- 1/4 cup chopped fresh cilantro
- 1 small red onion chopped
- 1/2 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon freshly ground black pepper
- 4 vine ripened tomatoes seeded and diced
- 2 cups shredded cheddar cheese
- 1 bunch fresh green onions sliced
- 2 1/4 ounces sliced black olives drained

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 25 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 150 milligrams
9. Sugar: 1 grams

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