

# Hot 7 Layer Dip Skillet

Yield: 7 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/hot-7-layer-mexican-dip-recipe>

## Ingredients:

- 1 pound ground beef
- 1 large garlic clove minced
- 1 ounce taco seasoning
- salt
- pepper
- 16 ounces low fat cream cheese divided and softened
- 2 tablespoons tomato paste
- 1 cup black beans FULLY DRAINED and rinsed
- 1 cup corn FULLY DRAINED and rinsed
- 1/2 cup diced onion
- 1 tomato diced
- 1 1/2 cups mexican blend cheese shredded
- 1/4 cup fresh cilantro chopped
- 1 bag Food Should Taste Good Tortilla Chips your choice

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 110 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 15 grams
8. Sodium: 1250 milligrams
9. Sugar: 8 grams
10. TransFat: 0.5 grams

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