



## Chips And Dip Recipe

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<b>Preparation Time</b>	<b>05</b>
<b>Cooking Time</b>	<b>17</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

- 2 Tbsp oil
- 1/3 cup onion, red, chopped
- 100 g beef, ground
- 1/4 cup button mushroom, canned, sliced
- 1/2 cup DEL MONTE Italian Style Spaghetti Sauce (250g)
  
- 5 cup nachos or tortilla chips
- 1/4 cup tomato, seeded and diced
- 1/2 cup cheese spread
- - sour cream, optional

### Preparation:

1. Sauté onion and beef until cooked. Add mushrooms. Cook for 2 minutes.
2. Add DEL MONTE Italian Style Spaghetti Sauce. Cook while stirring for 5 minutes or until slightly dry. Set aside.
3. Arrange chips on plate. Top with sautéed mixture and tomatoes. Drizzle with cheese spread. Serve with sour cream if desired. Serve immediately.

### Chef's Tip

For a really beefy sauce, lightly toast the ground beef and mushrooms. Toasting the meat caramelizes the proteins and sugars that release a deeper and meatier taste.

### Lusog Notes

This Chips and Dip dish contains calcium needed for bone health and vitamin A that helps keep the immune system healthy.

### Cooking Skills Needed

- Stirring