



Chips And Dip Recipe

Preparation Time	05
Cooking Time	17
Serving Size	6

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