**Taco Dip**

**INGREDIENTS:**

**Filling**

* Disposable pan, 1 (or you can use glass casserole dish)
* Onion, ½ a bag of frozen diced onions, thawed (or you can dice ½ an onion)
* Ground beef, 97% or 90% fat, 2 pounds
* Black beans, 1 can (rinse thoroughly)
* Taco sauce, 1 small bottle
* 3 packages Old El Paso 40% less sodium taco seasoning mix (split)
* Sour cream, 16oz fat free
* Cream Cheese, 8oz
* Mexican-style cheese blend, 2 cups
* Iceberg lettuce, ½ head chopped
* Tomatoes, 3 diced
* Tostitos with hint of lime, 1 family-sized bag

**DIRECTIONS:**

**Day 1**

1. Defrost onions and sauté them in a small amount of olive oil.
2. Brown the ground beef in a skillet over medium heat. After it browns, add 2 of the seasoning packets and mix well. Then, stir in taco sauce and black beans. Simmer for about 5 minutes (if making at home, simmer for awhile longer.)
3. Soften cream cheese in an electric stand mixer. Once sufficiently softened, add in the sour cream and 1 packet of taco seasoning.
4. Spread the sour cream mixture into the bottom of a casserole dish. Top with beef mixture if making at home (separate container if making overnight)
5. Cut up lettuce and store in a Ziploc bag overnight.

**Day 2**

1. Heat the oven to 375°F and bake meat for 30 minutes. Dice tomatoes. Pour heated meat over cream cheese mixture and top withs lettuce, shredded cheese, and tomatoes. Serve with Tostitos on the side.