

7 Layer Dip

INGREDIENTS

- 1 sm. can refried beans
- 1 can jalapeno and Cheddar cheese dip
- 1 small container of sour cream
- 1 1/2 c. grated Cheddar cheese
- 1 small can sliced olives
- 1 diced tomato
- 1 diced avocado

DIRECTIONS

In 9 x 13 inch dish layer beans, cheese dip, cheese, olives, tomato and avocado. Refrigerate a couple of hours or overnight. You can also use chopped green onions and/or 1 pound hamburger. Serve with favorite chips. Great way for kids to create a masterpiece and get their daily serving of vegetables in a yummy way!

Recipe from Mr. Del's TORCH Club, Moody AFB