



Nonna Snowden Cooks

Laugh Hard. Cook Good. Fight Breast Cancer.



7 Layer Dip

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. Nonna put together a Super Bowl Series highlighting delicious snacks for the super bowl. This recipe highlights Nonna's ketolicious 7 layer dip. Her 7 layers consist of ground beef (flavored Mexican style), cheese, homemade quacamole, sour cream, salsa, lettuce, and mix of tomatoes, onions, and black olives on top. Well...she added a second layer of cheese on top, so technically this is an 8 layer dip!

Ingredients: Ground Beef

1 pound Ground Beef
1/2 onion chopped
1/4 minced garlic
1 can Rotel
1 tsp Cumin
1 tsp Ancho Chili Powder
1 tsp Jacobsen Garlic Salt
1/2 cup water

Preparation: Ground Beef (See Note 1)

1. Brown Ground Beef in a skillet.
2. Add onion and garlic to the ground beef while browning.
3. Drain the beef once it is browned. Leave beef in the skillet.
4. Return drained beef to the burner on low. Add rotel, cumin, ancho chili powder, garlic salt, and water.
5. Simmer for about 10 mins so the meat absorbs the flavor or until the water burns off.

Ingredients: Guacamole

4 medium to large Avacadoes 1 Lime
Louisiana Hot Sauce
Black Pepper
Cumin
Ghost Chili Salt
Arriba Red Salasa (medium)

Preparation: Guacamole (See Note 1)

1. Peel and remove seeds from avacadoes
2. Mash them up like mashed potatoes.
3. Season to taste using the ingredients above

Nonna donates 50% of proceeds to JumpForTheRose.org.





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Ingredients: 7 Layer Dip

Browned Ground Beef
1 bag shredded cheddar cheese
1 16 oz package of sour cream
Guacamole
1.5 jars Arriba salsa (medium)
1.5 cup shredded lettuce
1/2 chopped onion
1 large (6.5 ounces) sliced black olives
3 chopped tomatoes

Preparation: 7 Layer Dip

1. Put cooked ground beef into large deep bowl
2. Add Cheddar cheese (1/2 to 3/4 bag). Microwave the bowl to melt cheese.
3. Add Guacamole
4. Add Sour Cream (all or part of the 16 ounces)
5. 1 to 1.5 jars of Arriba salsa
6. Add lettuce
7. In a bowl mix onion, black olives, and chopped tomatoes. Add as final layer to the dip
8. Add a thin layer of shredded cheese on top (optional)

Note 1: Season beef and guacamole to your taste. Taste test often (only taste test the beef after it is cooked through).

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