

Loaded Layered Queso

Ingredients

For the meat

- 1 lb lean grass fed ground beef
- 1 small onion, diced
- 2 TBS taco seasoning
- 1 red bell pepper, diced

For the cheese sauce

- 3 TBS olive oil
- 3 TBS all purpose flour
- 2 cups chicken broth
- 1 cup plain greek yogurt
- 1 cup mexican blend cheese
- 1 cup pepper jack cheese
- 1 can rotel
- 1 can refried beans

Directions

1. Preheat oven to 400 degrees.
2. Add onion, and diced red pepper to a large skillet with 1 TBS of olive oil. Cook over medium high heat for about 3 minutes. Add ground beef to the skillet and cook until meat is no longer pink (Break the beef up with a wooden spoon while cooking) Season with taco seasoning.
3. While the meat is cooking, prepare the cheese sauce.
4. In a medium sauce pan, add olive oil, and whisk in 3 TBS flour and let cook and thicken for 1 minute (don't let it burn!).
5. Add 2 cups chicken broth and whisk until smooth.
6. Stir in 1 cup greek yogurt and 1 can rotel. Be sure not to let the mixture boil.
7. Remove from heat and stir in shredded cheeses.
8. Pour cheese over taco meat, and mix gently.
9. Spread refried beans into a thin layer in a 9 x 13 baking dish. Pour cheese mixture on top of beans. Sprinkle with ½ cup of shredded cheese. Place in the oven for 10 minutes.
10. Remove from oven, garnish with fresh cilantro and pico de gallo if desired.
11. Serve with chips and ENJOY!

MADE WITH LOVE

by Teresa Forchard