

## **Aug. 16 - Spicy Beef Dip**

### **Ingredients:**

1 lb. Ground beef  
½ c. chopped onion  
1 clove garlic minced  
8 oz. Can tomato sauce  
¾ sp. Oregano, crushed  
1 tsp. Sugar  
8 oz. Pkg. Cream cheese, softened  
1/3 c. grated Parmesan cheese  
¼ c. ketchup

### **Directions:**

Cook ground beef, onion and garlic until beef is lightly browned and onion is tender. Stir in tomato sauce, ketchup, oregano and sugar. Cover and simmer gently for 10 minutes. Spoon off excess fat if needed. Those who use 97% lean ground beef can skip this step. Remove from heat and add cream cheese and Parmesan; stir until cream cheese has melted and is well combined. Serve warm with tortilla chips or vegetables. Makes 3 cups.