# **7 Layer Bean Dip**

1 large avocado 1 tomato, chopped

1 green onion, chopped 1 tsp. lemon juice

3-6 drops Tabasco sauce 1 cup sour cream

2 Tbsp. taco seasoning 1 cup refried beans

1/2 cup grated cheddar cheese 2 Tbsp. sliced olives

1/2 to 1 bag of corn chips

Peel and mash avocado. Sprinkle with lemon juice to prevent browning. Add Tabasco sauce to mashed avocado for flavor. Combine taco seasoning with sour cream. Spread refried beans over serving plate/dish. Layer remaining ingredients in this order: avocado, sour cream mixture, cheese, tomatoes, green onions and olives.

Serve with corn chips

**Orange Julius**

1/ 2 can (12 oz.) frozen orange

 juice concentrate

1 cup milk

1 cup water

1/4 cup sugar

1 tsp. vanilla

12 ice cubes

Combine ingredients in blender. Cover with lid and blend at high speed until smooth. Serve immediately. Makes approximately 5 one-cup servings.

**Taco Salad**

1 bag tortilla chips 1 lb. hamburger

1 can kidney beans, juice drained 1 can olives, sliced

1 onion, chopped finely 1 avocado, diced

1 head of lettuce, shredded 4 tomatoes, diced

1 jar salsa 1 bottle of Ranch Dressing 8 oz cheddar cheese, grated (or homemade Ranch)

Cook hamburger, while breaking into small pieces, until browned. Drain the grease. Add onion and cook until onions are tender. Remove from stove. Assemble taco salad by placing crumbled chips on bottom, followed by meat mixture, beans, cheese, lettuce, olives, avocado, and tomatoes. Top with salsa and/or dressing if desired.