Dinner Tonight!

Crockpot Queso

1/2 pound lean ground beef, cooked and drained
2 cans healthy request cream of mushroom soup
2 cups reduced fat cheddar or Colby cheese, shredded
1–15 ounce can diced tomatoes and green chilies
1/2 cup skim milk

Set Crockpot on the high temperature setting and add ground beef, soup, cheese, diced tomatoes and skim milk; mix well. Cover and allow ingredients to warm for 20-30 minutes stirring occasionally. Reduce crockpot heat setting if cheese mixture begins to stick to the sides of the pot. Once cheese is thoroughly heated throughout, reduce to warm setting and serve.

Preparation Time: 15 minutes
Cook Time: 20-30 minutes
Serves: 24 portions (1/2 cup each)

Nutrition facts per serving:
Calories: 45
Total Fat: 2 g
Cholesterol: 9 mg
Sodium: 214 mg
Total Carbohydrate: 3 g
Protein: 5 g

Serve with: Baked tortilla chips