



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

BEFORE THE MEAL | Lou's Taco Dip

16oz refried beans
Shilling's or Lawrey's Taco Mix
Small container avocado dip
Small container sour cream
Small can green chili
Small can chopped olives
Small onion, finely chopped
Large tomato, chopped
½ pound Jack or cheddar cheese, grated

Combine beans and taco mix together
Spread into a 9x12 inch glass pan
Spread the remaining ingredients on top of the bean mix, one at a time, in the order in which they are listed

Serve with tortilla chips or fresh vegetables