**Carol’s Crockpot Enchilada Dip**

The big game is coming up this weekend and I’m still on the hunt for amazing snacks that help me stay on the lower carb side.

I figured out how to make tortilla chips with low carb tortillas, so this week’s recipe had to be a dip. What I love about this enchilada dip is you can make shredded chicken in the crockpot ahead of time or brown your beef with a taco packet over the stove and then dump everything in the crockpot together. You can also make it the day before and just store in the fridge till ready to make, so that way you aren’t in the kitchen going crazy when all your guests arrive.

I love this one, because while it’s like queso, it doesn’t have all the added flour and butter. It’s high protein with cheese on top. So, it makes a great low carb alternative for your game day snacks!

Let’s get cooking...

**Ingredients:**

* 1 lb Ground Hamburger (or Shredded Chicken)
* Taco Packet
* 1 Can Black Beans, Drained
* 1 Small Can Chopped Green Chiles
* 1 Small Can Sliced Black Olives
* 1 Small Can of Enchilada Sauce
* 2 Bags of Cheese

**How to Make:**

* Brown your meat in a frying pan over the stove.
* Add taco packet and follow directions on back of packet when adding water and cooking.
* Dump taco meat into crockpot.
* Add can of black beans (drained), can of green chiles and can of sliced olives.
* Mix ingredients together in crockpot.
* Pour one small can of of enchilada sauce over the top.
* Dump 2 bags of cheese over the top.
* If you have a removeable crock, you can make this a day ahead of time and keep in fridge.
* When ready, turn crockpot on low and let it go for an hour till it’s time for the party. If you need it right away, turn on high and it should be ready in about 15 minutes. Turn to low once warm so it doesn’t burn.
* Serve bubbly hot with broccoli, celery, carrots and tortilla chips (or make your own low carb tortilla chips with low carb tortillas).
* Enjoy!

Tyler loved the idea of a new type of dip to try. Ellis was happy to have another low carb snack to make for the big game. We’d love to see your family enjoying these recipes on game day! Share them with us on the [Z88.3 Mornings Facebook Page.](https://www.facebook.com/Z88.3Mornings)

Carol Ellingson  
Z88.3’s Resident Foodie  
Originally posted on [**Carolbake.com**](http://carolbake.com/)