



Cheddar Cheese & Beer

A Creamy, Cheesy Dip, with Beer and Crumbled Bacon

My buddy, [@ncbluehog](#) on Connect, was the inspiration for this dip. He's an uber cool, motorcycle ridin' macho man cook. He helped give me feedback with my Bratwurst recipe, which got me thinking that most macho dudes would LOVE to have a low point and calorie dip like this for football parties, poker parties... or in place of a glass of water, in Wisconsin.

Ingredients:

- 3/4 cup Campbell's Healthy Request, Condensed Cheddar Cheese Soup. (just the goop)
- 1/2 cup light beer
- 2 slices Velveeta Original cheese ***
- 1/4 cup water
- 1/4 tsp ground mustard
- 1/2 tsp salt
- 2-1/2 tsp cornstarch, dissolved in a little water
- 1/2 cup fat free plain Greek yogurt
- 1-1/4 slice center cut bacon. Cooked, and crumbled
- Pinch of cayenne pepper or dash of hot sauce

Serving Info.:

Yields: 2 cups
Serving Size: 1/4 cup
Servings: 8



Range
1-1

- last checked 11/25/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Heat the cheddar cheese soup, beer, cheese slices, water, ground mustard and salt in a small pot over medium heat. Stir till all of the ingredients melt together and become smooth.
- 2 Bring to a low boil, then stir in the dissolved cornstarch. The sauce will immediately begin to thicken. Cook for 2-3 minutes, stirring constantly. It should be very thick now. Remove the sauce from heat and pour into a bowl. Cover with plastic wrap and let cool for 30-40 minutes.
- 3 Whisk in the Greek yogurt until smooth. Season with additional salt if desired. I also highly recommend adding a pinch of cayenne pepper, or a dash of hot sauce.
- 4 Cook bacon until it's crispy. Finely dice/crush it into small bits, then sprinkle on top of the dip. Garnish with thinly sliced green onion or chives.

Note:

- The sauce/dip continues to thicken as it cools.
- Under the 'new' plan, Velveeta cheese singles are a tricky one. Some bags list as 2 points for 1 slice of cheese, others list as 1 point for 1 slice, 3 points for 2 slices. I'm using 2 slices for 3 points.
- If you want even more cheese flavored punch added to it for no additional points, you can use a 0 point amount of cheese flavored popcorn sprinkles. If you do use sprinkles, only use 1/4 tsp salt, rather than the recipe's listed 1/2 tsp.
- If you want it without Beer, simply replace the beer with chicken broth. It will give a nice rich flavor, a slightly darker color and it will also lower the points.

