



5 Minute Queso Dip

Never eat store bought queso ever again with this easy 6 ingredient queso dip! Use it for anything you'd like, including drizzled on top of a taco salad or as a dip for your favorite chips.

Serves: 6

Serving Size: ¼ cup

Ingredients

- 2 T unsalted butter
- 2 T all purpose or whole wheat flour
- 1 cup 2% milk
- 6 oz medium or sharp cheddar, shredded from a block of cheese (about 1 ½ cups)
- 1/4 tsp salt
- 1/4 tsp chili powder

Directions

1. in a small sauce pot, melt butter over medium heat. Add flour and whisk the mixture until bubbling and flour is a light golden color.
2. Add milk, constantly whisking until mixture thickens, adjusting the heat to avoid scorching the bottom of the pot.
3. When the sauce is thick enough to coat the back of a spoon, turn off the heat.
4. Add cheddar slowly and continue to whisk until combined.
5. Add salt and chili powder. Taste and adjust seasonings, if needed.

Chef's Notes:

- **The sauce will thicken as it sits; add a splash of milk to thin.**
- **Try other cheeses like Monterrey or Pepper jack.**
- **For spicy queso, add ½ tsp red chili flakes or cayenne and a 4 oz can diced green chilies.**

Nutrition Info per serving:

Calories: 162, Saturated Fat: 7, Sodium: 333mg, Added Sugars: 2.2g, Fiber: 0.1g

Recipe adapted from: <https://www.budgetbytes.com/5-minute-nacho-cheese-sauce/>