Skillet Nacho Dip

1 teaspoon oil

3/4 cup chopped red onion

2 Tablespoons minced jalapeno

1 1/2 Tablespoons flour

2 teaspoons cumin

2 teaspoons chili powder

2/3 cup beef stock

1/2 cup cooked ground turkey

1 cup drained pinto beans

1/2 cup shredded mozzarella cheese

1/2 cup Mexican blend cheese

1/2 cup chopped tomato

1/2 cup chopped avocado

baked tortilla chips

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Heat oil in a cast iron skillet. Add 1/2 cup onion, and jalapeno. Saute 4 minutes.

Add flour, cumin and chili powder. Cook 1 minute.

Add stock and bring to a boil. Reduce heat and stir in turkey and beans.

Stir in mozzarella cheese until melted.

Sprinkle Mexican cheese over pan. Broil 1 minute.

Sprinkle with remaining onion, tomato and avocado.

Serve with chips.