



One Pot Bean Chili Nachos

Other topping ideas include salsa, diced avocado, yogurt, lime wedges, or sliced jalapenos!

U.S.

6 ounces (about 6 tortillas worth of chips)	Torilla Chips (see separate recipe)
3 cups	One Pot Bean Chili (see separate recipe)
1 cup	Romaine Lettuce, shredded
1 large	Globe Tomato, diced
1 cup	Sharp Cheddar Cheese, shredded
2 stalks	Green Onion, thinly sliced

Metric

226g (about 6 tortillas worth of chips)
425 g
24 g
1 large
115 g
2 stalks

Preparation:

1. Gather all ingredients and equipment.
2. To make nachos, place about 12 chips (1.5 tortillas worth) on a plate. Top with 3/4 cup of the completed chili, shredded lettuce, tomatoes, 1/4 cup of cheese, and the sliced green onions.
3. *Optional Assembly Method*: Preheat oven to 375°F (190°C) or set your broiler to high. Arrange the chips in an even layer on a baking sheet lined with tin foil. Sprinkle the cheese over the chips then place in the oven or under the broiler until the cheese is melted, about 2-4 minutes. Add the chili, followed by the remaining toppings. Serve immediately.

Nutrition Facts - With One Pot Bean Chili

4 Servings

Serving size 1 plate nachos

Amount per serving

Calories 300

Total Fat	13 g
Saturated Fat	6 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	30 mg
Sodium	440 mg
Total Carbohydrate	33 g
Dietary Fiber	7 g
Total Sugars	3 g
Includes 0 g Added Sugars	
Protein	12 g
Vitamin D	0 %
Calcium	19 %
Iron	6 %
Potassium	200 mg
Phosphorus	155 mg

Nutrition Facts - With One Pot Beef and Bean Chili

4 Servings

Serving size 1 plate nachos

Amount per serving

Calories 370

Total Fat	16 g
Saturated Fat	7 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	55 mg
Sodium	440 mg
Total Carbohydrate	34 g
Dietary Fiber	9 g
Total Sugars	2 g
Includes 0 g Added Sugars	
Protein	21 g
Vitamin D	0 %
Calcium	18 %
Iron	10 %
Potassium	400 mg
Phosphorus	240 mg

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