



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)
3 cups
1 cup
1 large
1 cup
2 stalks

Torilla Chips (see separate recipe)
One Pot Bean Chili (see separate recipe)
Romaine Lettuce, shredded
Globe Tomato, diced
Sharp Cheddar Cheese, shredded
Green Onion, thinly sliced

Metric

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

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 4.5 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
