One Pot Bean Chili Nachos

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

**Nutrition Facts on Reverse**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 ounces (about 6 tortillas worth of chips)</td>
<td>226g (about 6 tortillas worth of chips)</td>
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<tr>
<td>3 cups</td>
<td>425 g</td>
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<tr>
<td>1 cup</td>
<td>24 g</td>
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<tr>
<td>1 large</td>
<td>1 large</td>
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<tr>
<td>1 cup</td>
<td>115 g</td>
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<tr>
<td>2 stalks</td>
<td>2 stalks</td>
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<tr>
<td>Sharp Cheddar Cheese, shredded</td>
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<tr>
<td>Green Onion, thinly sliced</td>
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</tbody>
</table>

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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