

One Pot Bean Chili Nachos



These nachos are an excellent way to utilize leftover chili. You can serve with your favorite toppings with just a little extra prep time, making this a quick and delicious meal!

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

1 recipe	Homemade Tortilla Chips (see separate recipe)
3 cups	One Pot Bean Chili (see separate recipe)
1 cup	Cheddar Cheese, shredded
1 cup	Romaine lettuce, shredded
1 each	Tomato, diced
2 each	Green Onions, thinly sliced
1 each	Avocado, diced
¼ cup	Greek Yogurt, nonfat, plain

CHEF'S NOTES

Try seasoning your chips with dried spices before baking for added flavor!

Make in individualized portions so that everyone gets to customize their preferred nacho toppings.

Serve with a side of lime wedges or sliced jalapenos to add extra brightness and spice.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 375°F or set broiler to high.
2. Place chips in an even layer on a baking sheet lined with foil. Sprinkle half the cheese over the chips and place in the oven or under the broiler until the cheese is melted, about 2-4 minutes.
3. Add the chili and remaining cheese, place back in the oven or under the broiler for about 2 minutes.
4. Add the remaining toppings and serve immediately.

Nutrition Facts

6 servings per container

Serving Size 1 plate nachos (241 g)

Amount per serving

Calories 250

% Daily Value *

Total Fat 8g 10%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol less than 5 mgmg 0%

Sodium 360mg 16%

Total Carbohydrate 38g 14%

Dietary Fiber 9g 33%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 10g 21%

Vitamin D 0.01mcg 0%

Calcium 140mg 10%

Iron 1mg 8%

Potassium 500mg 11%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food* "One Pot Bean Chili Nachos" (8/6/20)



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