

Healthy Layered Nachos

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Ingredients:

1 lb of lean ground beef or turkey

1 tbsp cumin

1 tbsp chili powder

½ tsp salt

1 (15 oz) can of black beans, drained and rinsed

1 (4oz) can of chopped green chiles

1 (10 oz) can of petite diced tomatoes with green chiles (like Rotel)

1 cup shredded cheddar-jack cheese

Several handfuls of "Food Should Taste Good" tortilla chips

(I buy them at Costco in a huge bag)

Sour Cream, Salsa, Guacamole, Jalapenos

Directions:

Preheat oven to 375.

Brown ground meat for several minutes, breaking it up as you go. Once it begins to brown add cumin, chili powder, and salt. Once the meat is completely browned toss in the black beans, chiles, and tomatoes. Simmer over med-low heat for 10 minutes stirring occasionally so that all the flavors blend together.

In an 8 inch square baking dish make a layer of chips in the bottom. Top with several spoonfuls of the meat/bean mixture and then sprinkle with ½ cup cheese. Add another layer of chips, beans/meat, and cheese. Place in hot oven for 15 minutes or until cheese is melted and bubbly. Serve with sour cream, salsa, guacamole, and jalapenos.

