

## Nachos with Beef, Corn, & Beans

### Ingredients:

- 2 tortillas
- Cooking oil spray
- 1 handful of cheese
- ½ can of corn
- ½ can of black beans
- ⅓ cup of cooked ground beef, seasoned if desired
- Cilantro (rinsed & chopped), for topping

### Method:

1. Preheat oven to 350°F.
2. Cut up tortillas into 8 chip sized wedges and place on a baking sheet, spray with cooking oil and bake in the oven for 8 minutes or until golden brown.
3. Sprinkle salt onto chips immediately.
4. Heat up corn and beans- roast corn in the oven for 15 minutes and add the beans on the baking sheet for the last 2 minutes OR place both in the microwave for 2 minutes.
5. Add cheese, beans, corn, and cooked ground beef on top of tortilla chips on the baking sheet and place back in the oven for 4-5 minutes or until cheese is melted.
6. Sprinkle with cilantro to serve.

### Change it up, add some toppings!

- Condiments: salsa, sour cream, crema, guacamole, hot sauce
- Veggies: chopped bell peppers, onions, tomato, hot peppers
- Herbs: cilantro, green onion, chives

Developed in partnership with No Kid Hungry



Recipe by Emma Dulin

