



Great as an appetizer or main dish, nachos are a great “cheat” food. Black beans high in protein and fiber and have a lot of health benefits including to help maintain healthy bones, lower blood pressure, manage diabetes, and much more. Serve with lime crema and sour cream for a nice contrast to the richness of the beans.

Nachos

Ingredients

- 1 3/4 cups black beans
- 1 lb ground beef
- 1/2 package taco seasoning
- 1 cup red pepper, chopped
- 1/2 cup jalapeno, chopped
- 1 cup manzanilla olives, sliced
- 10 cherry tomatoes, sliced
- 2 cups cheddar cheese, shredded
- 1/4 cup Kefalotiri, shreeded
- 1/4 cup salsa
- 1 tbsp oil
- 1 package restaurant style natcho chips

Instructions

Heat the oil in a frying pan and add the ground beef, breaking it into small pieces as it browns. Sprinkle the taco seasoning on the beef and allow it to cook thoroughly. Add the salsa and simmer until all the liquid is absorbed. Add the black beans and cook for an additional minute.

Line a baking sheet with silver foil and add a layer of nacho chips. Spread the meat and bean mixture evenly over the chips. Sprinkle the pepper, jalapeno, olives, and tomatoes over the meat mixture. Cover with cheeses. Broil until the cheeses melt and turn a bit brown. Serve with lime crema and sour cream or add guacamole for some added richness of flavor.

Serves 6 to 8 as an appetizer or 3 to 4 as a meal.