



## Bean Nachos

**You'll Need:** A deep baking dish, a medium pot

**Preparation Time:** 10 minutes

**Cook Time:** 15 minutes

Ingredients	Amount for Six
Bag of corn chips (nacho chips)	1 bag
Onion, chopped	1/2 whole
Tomato, chopped	1 whole
Garlic (optional)	One glove crushed or 1/8 teaspoon powder
Olive oil	1 tablespoon
Kidney beans	1 can
Cheddar Cheese, grated	4 cups

### Method:

Step 1: In a deep baking dish, arrange 1 bag of corn chips so they cover the base

Step 2: Heat olive oil in a medium-sized pot and gently fry onions until they start to become clear. Add garlic and tomatoes and fry for a couple of minutes, until tomatoes start to soften.

Step 3: Rinse and drain can of beans. Add to pot with handful of cheese stirring until melted.

Step 4: Take off heat and pour the bean mixture over the chips. Sprinkle with shredded cheese. Make two layers if necessary.

Step 6: Bake in oven for 10 minutes.

### **Nutrients per serving**

**Calories:** 460 kcals

**Fat:** 5.0 g

**Carbohydrates:** 57.0 g

**Protein:** 48.0 g

**Sodium:** 700mg

**Fiber:** 10.0 g

### **Nutrition Fun Facts**

- Beans are a great source of fiber which is a great for helping you stay regular, filling you up and keeping you full longer.
- In particular, beans have soluble fiber which can help to lower blood cholesterol.
- You can eat beans instead of meat and still get all the nutrition you need to be healthy and at a much lower price.