LOADED NACHOS

COOK TIME: 15 min

SERVINGS: 6

INGREDIENTS

- Tortilla chips
- 1 can black beans, drained and rinsed
- 1.5 cups salsa
- 1 can of corn drained and rinsed
- 1 cup shredded cheddar cheese
- 1 pound ground meat (optional)
- 1-2 tbsp taco seasoning or chili powder (optional)



PREPARATION

1. Heat oven to 400°F.
2. If using ground meat, cook in a skillet over medium heat until browned. Drain grease and stir in taco seasoning if desired.
3. Spread tortilla chips evenly on a large baking sheet or oven-safe pan.
4. Sprinkle beans, salsa, cooked beef, corn (if using), and cheese over the chips.
5. Bake for 8–10 minutes, until cheese is melted and bubbly.

NUTRITION NOTES

Nachos can be a balanced and satisfying meal when built with a variety of food groups. The tortilla chips provide carbohydrates for energy, while toppings like ground meat offers lean protein. Beans add plant based protein and fiber, which help support fullness and digestive health. Adding vegetables like salsa and corn helps increase vitamins, minerals and overall nutrient variety. Cheese contributes protein and calcium, while also adding flavor and satisfaction.