

Nachos Supreme



- 2 Tbsp water
- 1/2 cup onion
 - OR** 4 green onions, chopped
- 1 cup green pepper, chopped
- 1 can (15-16 oz) pinto beans
 - OR** black beans, drained and rinsed
 - OR** 1 1/2 cups cooked dry beans
- 2 tsp chili powder

- 1/2 bag (13 oz) baked tortilla chips
- 1 cup cheddar cheese, shredded

- 1/2 cup salsa
- 1/2 cup sour cream
 - OR** plain yogurt

Serving idea:

Serve with salsa and sour cream or yogurt for dipping.

Make *Nachos Supreme* a meal by serving with raw veggie sticks and fresh fruit.

1 Heat oven to 425°F.

2 Place water, onion, green pepper, beans and chili powder in a small pan. Cook over medium heat for 3 minutes, stirring often.

3 Spread tortilla chips over a baking sheet.

4 Layer cooled bean mixture over chips. Sprinkle with cheese.

5 Bake 5-6 minutes or until cheese melts.

OTHER COOKING OPTIONS

Microwave Spread tortilla chips on microwave-safe plates.

Layer cooled bean mixture over chips.

Sprinkle with cheese.

Microwave until cheese melts.