



Nacho Black Beans

Ingredients

- 175g yellow or blue tortilla chips
- 200g fresh tomato salsa
- 150g medium cheddar cheese, grated
- 1 red bell pepper, quartered, cored, and finely chopped
- 400g can black beans, drained
- 1 ripe avocado, diced
- Soured cream, for serving

Instructions

1. Preheat the Oven

Preheat your oven to 200°C (180°C fan) / Gas mark 6.

2. Layer the Chips

Spread the tortilla chips over two-thirds of a large baking tray. Spoon most of the salsa over the chips and sprinkle with half of the grated cheddar.

3. Prep the Veggie Mix

In a bowl, mix the remaining salsa with the chopped red pepper and black beans. Spread this mixture over the empty third of the tray. Top with the remaining cheese.

4. Bake

Place the tray in the oven and bake for 10–15 minutes, or until the cheese is fully melted and bubbling.

5. Finish and Serve

Remove from the oven. Scatter the diced avocado over the bean mix and add generous dollops of soured cream before serving. Serve immediately while hot and gooey!

Nutrition Facts (Per serving, based on 4 servings)

- Calories: 450
- Protein: 16g
- Total Fat: 26g
 - Saturated Fat: 11g
- Carbohydrates: 40g
 - Sugars: 4g
 - Fiber: 7g
- Sodium: 550mg

- Cholesterol: 35mg
- Potassium: 500mg
- Calcium: 30% DV
- Iron: 10% DV