



Black Bean & Veggie Nachos

with Pico de Gallo & Crema



30-40min



2 Servings

We love ingredients that don't just taste good but are good for you too! Hearty black beans have a mild flavor and a creamy texture. But, these small legumes are a powerhouse ingredient packing some serious protein, fiber, and are high in vitamins and minerals like folate and magnesium.

What we send

- plum tomatoes
- (6-inch) flour tortillas ¹
- fresh cilantro
- canned black beans
- red onion
- sour cream ⁷
- corn
- taco seasoning
- sharp cheddar cheese ⁷
- roasted red peppers

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar
- sugar

Tools

- colander
- skillet
- rimmed baking sheet

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1190kcal, Fat 63g, Carbs 99g, Proteins 51g



1. Bake tortilla chips

Preheat oven to 400°F with a rack in the upper third. Lightly brush **4 of the tortillas** with **oil** (save rest for own use), then stack and cut each into 8 wedges. On a rimmed baking sheet, toss tortillas with **a pinch of salt**, then spread into a single layer. Bake on upper rack, until chips are golden and crisp, 5-10 minutes (watch closely). Leave oven on.



4. Cook beans

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **remaining onion**; cook, stirring, until softened, 1-2 minutes. Add **beans, corn, peppers, remaining chopped cilantro, 2 teaspoons taco seasoning**, and **1/3 cup water**. Cook until water is mostly evaporated, 2-3 minutes. Season with salt and pepper. Transfer to a bowl. Wipe out skillet.



2. Prep ingredients

Drain and rinse **beans**. Peel and finely chop **3/4 cup onion**. Thinly slice **peppers**. Reserve **a few cilantro leaves** for step 6, then finely chop remaining leaves and stems. Halve **tomato** then cut into 1/4-inch pieces. Coarsely grate **cheddar** using the large holes of a box grater, if necessary.



5. Bake nachos & make crema

Brush skillet with **oil**. Layer **half of the tortilla chips** in bottom. Spoon **half of the bean filling** on top; sprinkle **half of the cheese** over. Repeat one more layer with remaining chips, filling, and cheese. Bake on top rack until cheese is melted, 3-5 minutes (watch closely). In a small bowl, slightly thin **sour cream** by mixing in 1 teaspoon water as needed.



3. Make pico de gallo




In a small bowl, stir to combine **tomatoes, 1 tablespoon oil, 1 teaspoon vinegar, half of chopped cilantro** and **1/4 cup onion**. Season to taste with **salt** and **pepper**.



6. Finish & serve

Spoon **pico de gallo** over **nachos**, drizzle **crema** on top, and garnish with **reserved cilantro leaves**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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