Healthy Nachos



This nutritious crowd pleaser will be your next family favourite.

Ingredients

- 1 onion, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 tsp cumin
- 1 tsp oregano
- 1 capsicum, diced
- 400 g canned black beans, drained and rinsed
- 400 g canned kidney beans, drained and rinsed
- 400 g canned chickpeas, drained and rinsed
- 500 ml tomato puree
- 1 tbsp chipotle sauce
- 1 cup tasty cheese, shredded

- 2 tbsp coriander, chopped for garnish
- 1 cup cherry tomatoes, halved for garnish
- 2 packets mini corn tortillas

extra virgin olive oil spray

Guacamole:

- 1 avocado
- 2 tbsp coriander, chopped
- 1 tsp pickled jalapenos, chopped
- 1 small red onion, chopped
- 1 lime, juiced

Method:

- 1. Preheat the oven to 150C fan force.
- 2. In a saucepan over medium heat, drizzle olive oil and sweat the onions, carrot and celery. When softened, add the cumin, oregano, capsicum, black beans, kidney beans and chickpeas. Cook for 7-8 minutes then add the chipotle and tomato puree.
- 3. To make the tortilla chips, cut the corn tortillas into small wedges. Spray with olive oil, and bake in the oven for 10-15 minutes or until crispy.
- 4. To make the guacamole, scoop out the avocado and mash with the back of a fork, then add the red onion, jalapenos, lime juice and coriander. Season with salt and pepper. Refrigerate until ready to use.
- 5. Preheat the oven to 200C.
- 6. On a baking tray or dish, spread the tortilla chips evenly on the base, sprinkle some cheese, followed by the bean mix and a little extra cheese on top. Bake until the cheese has melted. Remove from the oven and let it cool slightly before adding the guacamole, cherry tomatoes, and coriander. Serve immediately.