



SUPER NACHOS

Great flavor and great taste. These super nachos are sure to feed your need for fuel.

INGREDIENTS

- 1 ripe avocado, peeled
- 1 teaspoon lemon juice
- 1/2 cup finely chopped onion
- 1/2 cup chopped tomato
- 1/8 teaspoon pepper
- 1/4 teaspoon salt
- 1 can (15 ounces) pinto beans, rinsed and drained
- 2/3 cup water, divided
- 2 tablespoons canola oil
- 1/2 pound ground beef
- 1 tablespoon chili powder
- 7 ounces tortilla chips
- 1 cup (8 ounces) Sour Cream
- 2 cups (8 ounces) shredded cheddar cheese

DIRECTIONS

1. Mash the avocado with lemon juice. Stir in the onion, tomato, salt and pepper; set aside. Grind beans with 1/3 cup of water; place in skillet and cook over medium heat until hot. Stir in oil; remove from the heat and set aside.
2. In another skillet, cook the ground beef at medium heat until no longer pink; drain. Stir in chili powder and cook remaining water until liquid evaporates.
3. Line a baking sheet with foil. Spread chips in one layer. Top with teaspoonfuls of bean and meat mixtures. Sprinkle with cheese. Bake at 400° until cheese is melted, about 4 minutes. Serve with avocado mixture and sour cream. Can be served immediately. Makes 6-8 servings.