

Loaded Nachos

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 4–6

Difficulty: Easy

Cuisine: American / Snack / Party

Ingredients:

- 1 large bag of tortilla chips
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 1/2 cup black beans, rinsed and drained
- 1/2 cup cooked ground beef or chicken (optional)
- 1/4 cup sliced jalapeños
- 1/4 cup chopped tomatoes
- 1/4 cup chopped red onions
- 2 tablespoons sliced black olives
- 2 tablespoons sour cream
- 2 tablespoons guacamole
- Fresh cilantro for garnish

Instructions:

1. Preheat oven to 375°F (190°C).
2. Spread tortilla chips evenly on a large baking sheet or oven-safe dish.
3. Sprinkle cheddar and Monterey Jack cheese over the chips.
4. Add black beans, cooked meat (if using), jalapeños, tomatoes, red onions, and olives evenly.
5. Bake in the oven for 8–10 minutes, or until cheese melts and edges of chips start to crisp.
6. Remove from oven and top with sour cream, guacamole, and fresh cilantro.
7. Serve immediately while hot and gooey.

Nutrition (per serving, approximate):

- Calories: 320 kcal
- Protein: 12 g
- Carbs: 28 g
- Fat: 18 g
- Fiber: 4 g

Tips:

- For extra flavor, drizzle with hot sauce or salsa before serving.
- Swap ground beef for shredded chicken or keep it vegetarian.
- Layering ingredients helps every chip get toppings.